

Thousand Oaks School parents fight possible closing

By PATRICK KEEFFE

THOUSAND OAKS — Although there appears to be danger that the Berkeley Unified School District will close Thousand Oaks School, both the principal of the school and a parents group are worried that the district will change its mind.

Principal Mitch Calegari, principal of Thousand Oaks School, and Pat Weinstein, who co-chair Parents of Thousand Oaks, said their group, comprised of more than 100 families, will fight to make sure the school stays open.

"It's not even on anyone's list. Then the board turned around and went after it," Calegari said.

"The school is really safe," he said. "All schools have a look-out, to keep tabs on what the school board is doing. It's a bit of a political issue, too, and it's hard to know what the board will do."

"We don't know whether this school could be closed for racial reasons or for demographics. Are they (the board) considering desegregation, then savings, or are they just trying to save money? We just don't know."

"We support the superintendent and the recommendations of the citizens review committee," Weinstein said. "But we want them to reaffirm their positions. We want to be assured that Thousand Oaks School will stay open."

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Calegari said Thousand Oaks, on Colusa just north of Solano Avenue, is the largest kindergarten through third grade school in the Berkeley school system, with 365 students.

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Principal Mitch Calegari says the school is not yet 'out of danger'

— Times Journal photo by Mike Nussli

The district wants to close some schools and change attendance boundaries to adjust to declining enrollment, to cut costs and to correct racial imbalances that have occurred in some schools since the 1968 integration plan went into effect.

Last week, Berkeley schools superintendent David Tansey appeared at a public hearing on the matter and gave his support to a citizens review committee proposal that favors closing four elementary schools — Emerson, Hillside, Tilden and Grizzly Peak.

Thousand Oaks was targeted for closing in three out of four plans by the school district task force. The school seems safe for now but the parents group isn't taking any chances.

It has spent the past month talking to school board members, to Tansey, to parents groups at other schools, and to its neighbors. The group also has involved the Thousand Oaks Merchants Association and the Thousand Oaks Neighborhood Association.

The neighborhood has demonstrated its intent to keep the school open — Parents of Thousand Oaks has collected 1,300 signatures from district residents and 62 from district merchants.

"We support the superintendent and the recommendations of the citizens review committee," Weinstein said. "But we want them to reaffirm their positions. We want to be assured that Thousand Oaks School will stay open."

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Hearing, vote tonight

Berkeley Unified School District will continue its public hearings on the possible closing of four elementary schools tonight, Wednesday, Feb. 25, at 7:30 p.m. at the west campus of Berkeley High School, corner of City Avenue and Bonar Street.

The school official said that a regular school board meeting will be held afterward and a vote may be taken on whether to close the schools.



Removing the father from the home sometimes creates more stress in the family.

Incest & pedophilia

Sexual abuse: out of the closet

By ROBERTA ALEXANDER

It is incestuously molested children.

What hit me the hardest was when women who had been molested as children carrying around inside them the pain and years," he told a meeting of Citizens for Sexual Abuse of Children.

A man identified only as "A" is a member of Parents of Thousand Oaks, a non-profit, self-help organization formed to assist families involved with child sexual abuse.

Parents in the field of child sexual abuse consider Parents United the most helpful tools in coping with repeat offenses.

Rechtin works with the Alameda County Victim Witness Assistance Program.

"We've had more confessions from fathers after they've talked to another offender," she said.

Rechtin, who came to the meeting following five-and-a-half hours in court with a molestation victim, told the three dozen people in the room, "It's heartbreaking to watch a child testify against her father when he refuses to admit culpability."

The situation works out best, she said, when the mother supports the daughter emotionally, but according to Rechtin this is often not the case.

"Many mothers have inklings of what's been going on, but it takes them a long time to admit it. And they are ashamed that they haven't protected the child," she said. "The mothers also feel loyalty to their husbands; there are so many conflicting emotions."

The great majority of the child victims that Rechtin sees are girls who have been molested by their fathers or stepfathers. She has observed some correlations behind the childhood trauma and adult behavior.

"After a woman is a victim of incest, she is more vulnerable to adult rape and abuse," he said. "And rape victims who've never reported the child molestation are angry and haven't worked out those feelings."

(Continued on Page 4)

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El Cerrito OKs 12% contract with city police

By ANDREW ROSS

EL CERRITO — A new, one-year police contract calling for wage and benefit increases totaling 12 percent has been reached between the city and the police association.

The city council approved the new package following an executive session last week, ending weeks of negotiations between the city and police representatives. The police association membership already has ratified the contract.

Under terms of the new agreement, the city's 33 uniformed police officers will receive a 9.25 percent salary hike and 2.75 percent increase in benefits.

Assistant city manager Tom Sinclair, in a confidential memorandum released after the announced agreement, said the settlement was competitive with other cities, but also one the city could afford.

Prior to the wage increase, retroactive to Jan. 1 of this year, police officers were earning salaries ranging from \$1,482 to \$1,786 a month based on experience.

The department's four sergeants were earning between \$1,699 and \$2,050 a month, while the four lieutenants were making between \$1,866 and \$2,251 a month.

The new contract calls for several changes in benefits. For example, the city will now allow officers to accumulate an unlimited number of hours of sick leave to be credited towards retirement. The city previously limited sick leave to 1,720 hours.

Sinclair said the old policy "encouraged employees to call in sick rather than to lose the hours." In turn, he said, the city had to pay other employees overtime to fill in. He said the city should "break even" financially under the new arrangement.

The new agreement also raises police officer uniform allowances from \$250 to \$275 a year, and allows for changes in disability insurance and health benefit plans.

Albany OKs spending lid

ALBANY — The city council here has approved an appropriations limit of \$2.5 million for this fiscal year, as required under terms of state Prop. 4.

The action occurred at the council's regular meeting Monday night. The period affected covers July 1, 1980 to June 30, 1981.

The proposition requires that a municipality not increase expenditures by more than projected revenues as determined by population and cost of living indexes.

City administrative officer William Haden noted the \$2.5 million limit is theoretical since Albany has only planned on spending \$2.1 million so far this year.

However, both Prop. 4 and Senate bill 1352 require that a budget ceiling be set.

In other action, the Albany Rotary's J.J. Sturgeon presented Mayor William Lewis with a state Park and Recreation plaque honoring Albany for its community cooperation in park and recreation matters.

Bob Guletz is ready to march for the YMCA.



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YMCA gears up for 1981 fund drive

By ROBERTA ALEXANDER

ALBANY — This week 43 local citizens will put on their walking shoes and start asking for contributions for the Albany YMCA.

The Y's annual fund-drive, run concurrently with a similar drive in Berkeley, will be held from Feb. 25 to Mar. 25.

Chairing the drive is public works director Bob Guletz, who has served on the Y's board for two years. He sees the fund-drive as doing more than raising money.

"I've felt there was a need for the community to be more aware of the Y and what it does. No one knows it's here! Our solicitation is a way to get the word out," Guletz said.

Guletz said that every business in the city will be contacted, as well as many individuals who have supported the Y in the past.

This year's goal is \$7,000, which the Y will use to keep its fees low. According to YMCA director Mike Ellis, all the money that is raised in Albany will be spent here as well.

(Continued on Page 4)

E.C. seniors fear massive budget cuts

By ROBERTA ALEXANDER

ALBANY — The Committee on Aging is looking around to some extent, and it isn't sure how the city's "human services" will survive the next round of cuts.

Committee chairperson Bruce presented the annual report of the State, County and City of Albany, and his main concern is the half-million, dollar deficit facing the City of El Cerrito.

"We're looking around to some extent, and it isn't sure how the city's 'human services' will survive the next round of cuts," he said. "We know the new administration responds to pressure."

The committee asked the staff to prepare two budgets, one documenting the needs of the senior community and the other a "fall-back" budget providing minimal services.

What will we do if the worst comes?"

In the ensuing discussion, committee members considered both strategies for fighting as well as worst-case scenarios.

Member Dan Fruedenthal urged the committee to fight budget cuts on a state and national level.

"Don't accept the inevitability of cuts," he said. "We know the new administration responds to pressure."

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"Don't accept the inevitability of cuts," he said. "We know the new administration responds to pressure."

Board member Art Schroeder also was disinclined to wait for the ax to fall, noting that if various tax loopholes were closed, there would be adequate money for senior services.

"How can we work with those in the tax reform movement?" he asked. "We are in the front line for those who cannot speak for themselves. Let's rally this town to fight a cut in human services."

At Schroeder's suggestion the committee sent a letter of support to the California Tax Reform Association.

"We're declaring war on the war

that's been declared on us," Schroeder said.

City council member Jean Siri, the council's liaison with the Committee on Aging, explained that the city would suffer this year from Proposition 13 cutbacks, since the state surplus is gone.

"The budget is down to meat," she said. "That's police and fire services."

In other business, the committee heard a report from member Nancy Gans, who has been concerned about local crime prevention.

"We want more visible police, an escort service and for the police to

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Albany may be going to the dogs

By BARBARA ERICKSON

ALBANY — The city's Humane Committee has come out in favor of a new dog ordinance that would require owners to leash their animals and set stiffer fine for lawbreakers.

During a workshop before the regular council meeting last week, committee members reviewed their proposals for changing the old ordinance. The council will act on the proposals after a public hearing set for Mar. 23.

The current law allows dogs to run unleashed but under the control of their owners in all but certain areas of the city. The new ordinance, said committee member Nancy Ehrlich, an animal health technician at Albany Veterinary Clinic, would "turn the ordinance upside down" and require owners to leash dogs everywhere except for certain designated sites.

The committee proposed setting aside four areas where dogs could run under the supervision of their owners — at Creekside Park on the northwest side of Albany Hill, behind the Orientation for the Blind Center at the north end of Madison Street, at the waterfront area near Golden Gate Fields, and at the BART Linear Park along Masonic Street.

Owners of dogs that defecate anywhere but in street gutters or on their owners' property, barking dogs, unlicensed dogs, dogs that damage property, and unleashed dogs could be arrested by the city's animal control officer and their owners may be fined \$5 for the first offense, \$15 for the second, and \$30 for the third and subsequent offenses.

Ehrlich said the current fines are \$3 for the first offense and up to \$9 for the third and later offenses.



She said the committee had "toyed with the idea of having a pooper scooper rule, but it is virtually unenforceable. This is more enforceable than following every owner around who takes a dog for a walk."

City Attorney Robert Zweben said the ordinance should state that owners who clean up after their dogs would not be violating the law. The committee members agreed to that change.

The new law would also add a clause preventing the humane society or other "impounding facility" from

donating or selling dead animals for experiments without the permission of their owners. Committee members said they added this provision because many pet owners complained last year when they learned that dead cats were being sold in Berkeley for experiments.

The new law would set a new schedule of fees and require licensing every other year instead of annually. The current fee of \$5 a year for dogs that have not been neutered would be \$8 for a two-year license.

Group will hear attorney

The Oakland-East Bay chapter of the National Association of Accountants will have Judith Epstein as guest speaker at its Feb. 26 meeting.

Epstein is an attorney with the firm of Crosby, Heafy, Roach and May and will speak on "Freedom of

the Press."

The meeting will be held at Spenglers restaurant in Berkeley. Dinner is at 6 with the speaker following.

All those interested in accounting are invited to attend. For more information, please call Terri at 658-7722.

Dance class set in March

A series of five introductory motivity classes with Terry Sendgraft will be offered every Sunday in March at the Motivity Center, 2547 8th Street, Berkeley. Fee is \$25 for the series or \$6 for single-class registration.

Motivity is a synthesis of dance, gymnastics, trapeze and theater with an emphasis on body awareness. These introductory sessions will focus on fundamentals elements of moving on the ground and in the air on suspended apparatus in a safe, non-competitive environment.

Terry Sendgraft, teacher, performing artist and Gestalt therapist, has an M.A. in Dance from the University of Colorado. She is the founder and director of the Motivity Center in Berkeley.

For information and registration, call 841-6500 X165.

Enrollment is limited; advance registration will be given priority.

Circle holds fabric sale

The Friendship Circle, the older adult group sponsored by the Oakland Jewish Community Center, will be holding a clearance sale of fabric on Sunday, Mar. 1, from 9:30-3:00 in the auditorium of the center at 3245 Sheffield Ave.

All fabric will be sold for 50¢ a yard. All fabric is donated by a local manufacturing house. Money raised is used to subsidize activities for the group. The sale is chaired by Iz Schwartz, and sponsored by Gerry Goldberg.

For further information, contact the Jewish Community Center, 533-9222.

Mail bag

Overworked children

(Editor's note: The following letter was prompted by last week's column on homework written by Roberta Alexander.)

Editor:

I am an Albany parent who is sick of homework, and tired of tears. Regular written homework for second, third and fourth graders isn't beneficial, and in quite a few cases, is harmful.

Second and third graders are in school five hours a day, and fourth graders attend school for six hours. If teachers can't teach math, spelling and reading within that time span, then there's something wrong with them, not our children.

Time after school should be used for extracurricular activities, household chores, and play. Homework for this age group isn't homework for children, it's homework for parents, and I resent that.

I'm not opposed to occasional reviews of math facts or spelling, but nightly written homework isn't appropriate for these children.

The platitude I hear from teachers is that giving children homework assignments will "train them to develop good study habits." This is baloney.

I was educated in another school system, and we expected, and had, homework beginning in the seventh grade. It was a rite of passage. We had blue canvas notebooks, "real" notebook paper, and homework for which we were held responsible. At 12 years of age, we were old enough for this responsibility, and proud of our status.

In conversations with parents who think that homework is an essential part of "good old-fashioned teaching," I note the attitude that education isn't expected to be fun or exciting. Certainly with that attitude, there is no incentive to continue education past

that required by law, and these parents are the ones who have not continued their own education process through classes of any kind.

The Bay Area is full of museums, botanical gardens, scientific exhibits and theatrical events. As parents, the best homework we can do with our children, is to get out and learn through multitude of exciting events in the world around us.

Name withheld upon request

Thank you, Times Journal

Editor:

Thank you so much for the excellent coverage you have given the Albany Senior Center throughout my first year as director.

From your opening feature article, on the front page no less, you have helped increase public awareness of changes and programs at the center. Your help in improving our image in the community could never have been actually measured, but I am sure it is a significant factor in the increase in participation here. Our records show that attendance increased 40 percent when comparing January 1980 to January 1981.

Many thanks for your

Off our taxes!

Editor:

The following letter has been sent to the California Tax Reform Association:

Dear Friends:

In our meeting yesterday we discussed the potential negative effects of imminent cuts in our municipal budget, and we decided it is high time to begin a counter-attack.

We declare our full support for your 1981 Legislative Priorities as set forth in your January 1981 Newsletter, which one of our members receives:

- "Reform of the property tax to prevent the business tax shift and to equalize the property tax among home owners."

- "Full indexing of the income tax to guard against inflationary tax increases."

- "Defend the unitary method of corporate tax assessment."

- "Prevent the repeal of the reformed inheritance tax."

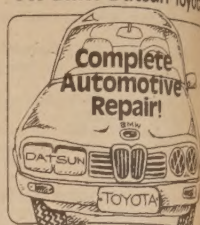
- "Stop the passage of new tax loopholes." (To which we would add, close all existing tax loopholes.)

Would you please send us a membership application blank, and put us on your "Tax Back Talk" newsletter mailing list?

Thank you.

Bruce Watkins, Chairman
Committee on Aging
El Cerrito

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E.C. urges stronger laws to cope with bus hoodlums

By ANDREW ROSS

EL CERRITO — The city is taking a "get tough" stance toward lawbreakers who ride AC-Transit in the wake of reported incidents of violence on bus and rail lines throughout the Bay Area.

The city council has agreed to write letters to the Transit district and League of California Cities, expressing support of stronger legislation to deal with hoodlums who create havoc on the lines.

If that doesn't work, city officials said, they would consider drafting additional municipal ordinances to deal with the problem.

City council member Richard Spellmann proposed a fine of \$20 and one day in jail for anyone caught smoking on buses, failing to pay the transit fee, or causing any "misdemeanor" problem on buses passing through Cerrito.

"Most people who ride the buses are polite and courteous," Spellmann said. "But there's a small, select group that needs to be disciplined."

He said it's not uncommon for riders to create a disturbance, only to receive a "slap on the hand" by police as a free transfer to the next bus.

"They should be thrown in jail," said Spellmann, adding "I think we need to let AC Transit know that we are behind their drivers and are prepared to support them."

Council member Howard Abelson said he favored further enforcement of existing state laws over city statutes to deal with transit crimes because state laws fall under the jurisdiction of the district attorney's office.

The problem with municipal code misdemeanors is

enforcement," he said. "We'd have to rely on the city attorney to prosecute them. And if they're only misdemeanors, we'd be going to considerable expense." While not taking any official action at Tuesday's meeting, the council served notice that it was prepared to deal with the growing transit problems.

In recent weeks, two Bay Area bus drivers have been killed while on duty — one from AC-Transit and the other from San Francisco Municipal Railway. In addition, there have been numerous reports of shootings, muggings and gang-related violence on the bus lines.

In other recent action, the city council:

- Voted 3-2 to create a "no-parking zone" along a 190-foot curb on the north side of Fairmount Avenue, adjacent to the BART parking lot between Liberty and Richmond Streets. Councilmen Spellmann and Richard Allen dissented.

- Granted two use permits to allow James W. Braghetta to add a two-story addition to the rear of his home at 7010 Manila, and continue operating an accounting business there. The council had approved the plans earlier, but balked after a newspaper article reported that two employees were working out of the house in violation of the city's home occupation ordinance. But the problems were resolved to the city's satisfaction and the council voted unanimously to authorize the use permits.

- Retained the engineering consulting firm of THM & Associates of San Francisco to design 14 railroad crossings along the abandoned Santa Fe railroad right of way. The consultant will be paid \$14,800 from federal transportation funds.

Around city hall

Inside the firehouse

By LOUIS GEORGE
Vice Mayor

ALBANY — As a Council member and liaison between the Albany City Council and the Albany Fire Department, I feel it would be of interest to review with you operation of our fire department.

The Albany Fire Department has 23 members, who have three pieces of front-line fire equipment, two ladders and a ladder truck, with an older pumper in reserve. The department has a budget of \$812,000 a year. Manpower is divided into three platoons, or shifts. Each platoon has a chief and assistant chief work a 40-hour week, and subject to recall as are all other members of the department. Each of the three platoons work alternately 24-hour shifts. The 24-hours on and 24-hours off schedule provides for maximum around-the-clock manning of the department 365 days per year.

The obvious charge of the fire department is to put out fires. The Albany Fire Department today has a commitment to public safety that goes far and beyond just putting out a fire. Fire prevention is a major activity, including plan-checking of new construction, identifying fire hazards, and enforcing fire codes. The fire department feels that the key to reducing the tragic loss of life and property to fire is a strong fire prevention program.

Another area of major fire department activity is providing emergency medical service to the city. The Albany Fire Department provides free emergency ambulance service to its citizens. The ambulance is manned 24 hours a day by two firefighter-emergency medical technicians. In 1980, the fire department responded to 1,071 emergency calls. About one half of these emergency calls were for

medical problems. It should be mentioned here that the ambulance service is available only for emergency needs. It is not intended to be used as a patient taxi service. This insures that the ambulance will be available when it is needed for a service call such as a heart attack or auto accident.

The remainder of the fire department responses in 1980 break down into two general categories: fire calls, and the general classification of "other". The fire calls included grass and rubbish, vehicle fires, spilled fuel fires, house and apartment fires, and industrial fires. Many people think of Albany as a low-profile bedroom community, but in reality we have a small, but extremely complex city. For example, Albany is the home of Golden Gate Fields which draws around one million people to Albany each year. Albany also has an industrial area featuring manufacturing plants that have a major impact on the national well-being and economy. The fire department deals with a variety of other fire protection problems such as BART, the Interstate 80 freeway, and a major railroad line. Add to all of this one of the larger high-rise buildings in the East Bay area, and you get some idea of the challenge facing the Albany Fire Department.

Many people may not be aware of the other services provided by the fire department. The classification of "other" includes responses for public assist, police assist, rescue, smoke investigation, hazardous material spill clean-up, and the shutdown of leaking gas and water pipes.

It can be said, when in doubt, or when in need, call the fire department — someone will respond.

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| 48 QUILTED SKI VESTS | 7.98 |
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| 160 SHORT SLEEVE KNIT SHIRTS | 3.98 |
| 250 DRESS SHIRTS | 4.98 |
| 200 SHORT SLEEVE KNIT SHIRTS | 4.98 |
| 220 KNIT SHIRTS | 5.98 |
| 80 DRESS SLACKS | 7.98 |
| 208 GYM SHORTS | 1.98 |
| 238 GYM SHORTS | 3.98 |
| 118 SHORT SLEEVE KNIT SHIRTS | 5.98 |
| 198 POLY/COTTON JEANS | 7.98 |
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| 54 GIRLS' SHOES | 3.98 |
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Lack of funds imperils Contra Costa cancer study

By NORMAN COLBY

Cancer researchers say a study that has tentatively shown abnormally high lung cancer rates in west Contra Costa County could be sidetracked because of a lack of money.

Also potentially affected is a study aimed at learning whether Contra Costa County's chemical workers suffer from excessive rates of cancer.

Dr. Donald Austin, chief of the state Health Department's Resource for Cancer Epidemiology, said \$100,000 is needed to complete the two-year study of lung cancer rates.

Preliminary results have shown that the incidence of lung tumors is substantially higher in the industrialized northern and western sections of Contra Costa.

"We didn't anticipate turning up a problem of this magnitude," Austin said.

Austin had hoped to conduct interviews with about 600 lung cancer victims.

The interviews would focus on possible causes of lung cancer like smoking habits, employment, diet and residence.

His agency also wants to determine the incidence of lung tumors

in different census districts, possibly showing environmental causes of the disease.

Austin also conducted a study of melanoma rates in the Livermore area. His finding that the rate of malignant melanoma was five times higher among workers at Lawrence Livermore Laboratory than in the surrounding areas sparked several follow-up studies, one a high-level task force study funded by the U.S. government, but none of which found a reason for the higher melanoma rate.

Austin said a large portion of the Contra Costa study is funded or nearly so, including the collection of air pollution data and chemical analysis, lung cancer incidence analysis, occupational monitoring and the correlation of lung cancer and air pollution data.

"To conduct our interviews, however, we must raise an additional \$100,000, and we have been looking at several sources," he said. "We plan to ask the county to help in this search. There may be some funds available within the state health department itself."

The need for more money was brought to the attention of the Contra Costa County Board of

Supervisors on Tuesday.

Upon the urging of Supervisor Nancy Fahden, the board ordered Dr. Arnold Leff, the county health services chief, to investigate the matter. Supervisor Sunne McPeak said it is urgent to complement the study.

Austin said the federal Environmental Protection Agency originally had funded the project with a grant of \$350,000. That sum proved insufficient.

To get more EPA money would require a grant application that could delay the conclusion of the study for months, if not years.

Such grants also may be harder to come by under the Reagan administration, which already has outlined some federal budget cuts and expressed distaste for government regulation of industry.

Austin told the Independent & Gazette that the study of cancer incidence among the more than 2,000 chemical workers in this country could be held up because the federal Occupational Safety and Health Administration had withdrawn partial funding for the project.

Austin said the amount of lost money support was small and it may be available later.

THOUSAND OAKS

(Continued from Page 1)

people, then that could work in favor of Thousand Oaks," he said.

Calegari said the main reason the district might want to close the school is the age of the buildings. Thousand Oaks was designed by William Hayes and built in 1919. Hays was a student of John Galen Howard, who designed many buildings on the UC-Berkeley campus.

Calegari said that the cost to fix the buildings ranges from a private consultant's estimate of \$171,200 to the Berkeley school district's estimate of \$230,000.

The racial imbalance argument does not apply in the case of Thousand Oaks. "This is the best-balanced school racially in the district," Calegari said. "We do have a larger proportion of Spanish-speaking students here, though, because of our Spanish bi-lingual program."

When Calegari said he thinks closing Thousand Oaks School would be "a huge mistake," it's not because he has a personal stake in the matter.

"I believe that closing some schools will generate savings to the district," he said. "And, when schools are closed, lots of principals will be moved around. So my job here isn't safe either way."

Thousand Oaks Park, established next to the school in 1977, is a joint project of the City of Berkeley and the school district. If the school is closed, no one is sure what

will happen to the park. The parents group particularly concerned that the park would not be a safe place more for their small children.

Susan Weinstein said that Parents of Thousand Oaks divided itself into committees — financial, demographic, bi-lingual, physical building alterations and so on.

"This is a very active neighborhood," she said. "The school is a very active neighborhood, and the school is a very active neighborhood."

"The school has the most successful bi-lingual education program in the district, and next year the program for Independent Living is going to start a program for handicapped kids here as regular maintenance."

"This is a school where parent involvement is high," Weinstein said.

In fact, Calegari praised the parents group as "very effective, a terrific group of people."

"If they closed this school," Weinstein said, "the whole neighborhood would change dramatically for these families."

Anyone interested in more information or in joining the group of Thousand Oaks may call the Weinsteins at 528-0100.



—Times Journal photo by [unreadable]

SOROPTIMIST GIFT — The Soroptimist Club of Albany recently donated a baby-sized mannikin to the Albany Pool for use in training people to do cardio-pulmonary resuscitation (CPR) with children. Debby Frazier of the club said the \$250 doll will help lifeguards train for the annual renewal of their CPR certification.

Shown here, from left, are Audrey Whitman, club director; Stephen Goldstone, superintendent of Albany schools; Peggy Thomsen, president of the Albany board of education; and Irene McWilliams of the Soroptimist Club.

Board is wary

Schools closing plan meets doubt

By BARBARA ERICKSON

BERKELEY — Mid-way in a series of hearings on school closings, board members took their first chance to speak publicly on the issue, posing questions that signaled to many observers that the directors are unwilling to tackle the job.

The board, meeting in the auditorium of West Campus Monday night, interrupted a second lengthy hearing on school closings to question representatives of a citizens review committee and an administration task force. Both groups have recommended closing Hillside, Emerson, Tilden and Grizzly Peak Schools next year in order to adapt to declining enrollment, save money in a time of dwindling finances, and correct racial imbalance that has crept into some schools.

It was the first time during the months-long process of school district staff and citizens review that the board took an active public role, quizzing the committees on their recommendations. Many of the questions went beyond the fine points of cost analyses and logistics and cast doubt on the need to close schools at all.

"I'm not satisfied on whether we have a real need before us to close schools," said Director Jeanie Rucker.

After staff members argued fervently in favor of closing schools to prevent making painful cuts in programs next year, Ms. Rucker said, "We do have to realize a \$2 million deficit. Aren't there other ways to get money?"

Fiscal services director Don Davis answered that the cost to the district will grow greater the longer the board puts off the closings.

"It is a progressive problem," he said. "The only way we can stop it is to shrink — consolidate."

Bey Maimoni, director of instructional services, said, "There is a cost when we are spread very thin." Closing schools would consolidate services, she said, leading to greater efficiency, better service from school nurses and librarians, and fewer combination classes in the district.

In spite of these arguments Director Carroll Williams also appeared skeptical of the need for school closings.

"Whether closing schools saves money or not is a mixed bag," he said.

Both Williams and Director James Guthrie questioned the committees closely on their projections of a continuing decline in enroll-

ment. They suggested that the projections were missing a recent increase in births.

And Guthrie, at the end of the three-hour session with the committee, said, "If the superintendent or committee wants to reconsider these recommendations, I would like to hear it Wednesday night (when the board meets again)."

Some citizens committee members and other longtime observers of school affairs were dismayed at the remarks. Several said it is time for the board "to bite the bullet" and the district has no other choice but to close schools next year.

But few doubt that the board will vote to close two small hill schools, Tilden and Grizzly Peak. Even the parent groups from those schools have not opposed the closings. They have asked only that the district not separate the children now attending the schools when the students are reassigned next year.

The board members' skepticism sat well with parent groups from Emerson, Hillside and Thousand Oaks who turned out in numbers to defend their school. Thousand Oaks is not on the list of recommended closings, but it appeared on three out of four plans of an original proposal prepared by the administration task force.

Thousand Oaks supporters emphasized the benefits of the Measure Y-funded park adjacent to the school, their successful bilingual Spanish program, and the fact that the school is the largest elementary site in the district.

"It is a well-oiled machine," said Thousand Oaks principal Mich Calegari.

Emerson parents and children staged a march before the hearing with about 100 participants, some in Emerson T-shirts, some carrying placards and balloons. They paraded outside and then up and down the aisles of the auditorium.

Hillside and Emerson supporters repeated the objection they voiced in last week's public hearing. They questioned the criteria the committees used to select schools for closing and pointed to the program of offerings and parent participation at the schools.

Emerson parent Jim Mordecai said Thornton Wilder attended the school and "he is the poet who wrote 'Our Town.' I don't see how you can close Emerson and continue to call this our town."

But some speakers urged the board to vote for school closings.

Budget stymies plan

By ANDREW ROSS

EL CERRITO — A city official said President Reagan's intentions to cut the federal budget may force the city to scrap street improvements to the north end of town and removal of 14 abandoned railroad crossings.

Jean Smith, the city's community development director, said the city already had received tentative approval for the two federal Transportation Safety Improvement grants totaling nearly \$600,000, but the future of that money remains in doubt.

"It's may be up in the air," she said, clearly disappointed. "We're not sure there has been any analysis of what programs will be affected."

Last October, the county authorized El Cerrito to spend \$344,000 in Federal Urban Aid funds to improve a quarter-mile stretch of San Pablo Avenue on the north end of town. The money was to be spent for construction of turning lanes, median strips, and resurfacing of the street.

And just last week, the El Cerrito City Council voted to pay an engineering firm \$15,000 for the design of 14 railroad crossings along the abandoned Santa Fe Railroad right of way, between Kearney Street and Lexington Avenue. About \$250,000 in federal money had been set aside for the project, with the funds expected to be made available in the coming months.

But that was before Reagan went before Congress and the nation Wednesday night to announce \$41.4 billion in federal cuts as part of his "national recovery plan."

To add insult to injury, the city of El Cerrito had expected to receive a large chunk of funds last year to take care of the railroad crossings, but Mrs. Smith said federal regulations required that the money be distributed over three years.

Consequently, the city had to wait until this year to proceed with the project.

"It looks like we've had the worst of bad luck," Mrs. Smith said.

It could be at least two months before the city receives final word from the Reagan administration about the fate of its federal transportation grants.

Meanwhile, the city is not expecting any cutbacks in Community Development Block grants totaling \$635,000 over three years.

El Cerrito, which is entering the final year of the program, already has spent a large portion of the money for acquisition of property to build a new housing project for the elderly on Moers Lane.

Richmond man accused in El Cerrito slaying case

By ANDREW ROSS

EL CERRITO — Police were expected to meet with the district attorney's office today to ask for a formal complaint against a 24-year-old Richmond man accused of last November's kidnapping and murder of a local fast-food restaurant manager.

Police said murder suspect George Lee Hughes has been in custody since Feb. 11 when he was arrested for the robbery of the J.J. Mills Pizza Parlor at 11299 San Pablo Ave.

Authorities said a subsequent investigation linked Hughes to the murder of Berkeley resident Mary Lue Washington, 37, and the disappearance of more than \$2,500 in cash from Church's Fried Chicken on San Pablo Avenue, where she worked as a night manager.

Miss Washington was last seen

alive Nov. 8 when she left work accompanied by an unidentified man. Her body was found eight days later in a ditch behind San Lorenzo High School. She had been shot once in the head, investigators said.

On Nov. 29, Miss Washington's Oldsmobile Cutlass automobile was found abandoned in front of a house on the 1900 block of Junction Street in El Cerrito.

But police said they had few clues to the night manager's murder until a February robbery at J. J. Mills, in which a lone assailant held two women at gunpoint before fleeing with more than \$600 in restaurant receipts.

Police said a composite sketch of the robber drawn by El Cerrito police Det. Dan Bell matched the description of Hughes.

About 6 p.m. Feb. 11, police raided Hughes apartment at 3100 Pullman St., where they recovered physical evidence linking him to the robbery and Miss Washington's murder.

Police declined to say specifically what evidence they found, but noted that Hughes had worked at the Church's Fried Chicken outlet between Aug. 12 and Sept. 30 of last year, when he apparently got to know Miss Washington.

Taken into custody along with Hughes was his girlfriend, identified as Myra Kelley, 20. Police said she was held for possession of stolen property and conspiracy, but was later released pending further investigation.

Authorities said at least half a dozen East Bay police agencies are investigating Hughes for armed robberies in their cities over the past six months.

Meanwhile, he remains in custody at the Contra Costa County Jail in Martinez on \$200,000 bail.

Group sets crime film

KENSINGTON — The Kensington Home Alert crime prevention program will show a 30-minute "Pigeon-Hawks," on Feb. 26, at 7:30 p.m. in the Hut Annex, 59 Arlington Ave. Kensington police officer St. Onge will lead a discussion and answer question after the film.

AGING

(Continued from Page 1)

refer traumatized victims to Focal Point project," she said.

Noting that there have been burglaries and robberies in Cerrito during the past year, she asked that the senior service develop a handout on home safety which the police could give to crime victims.

Director of senior services Lewis responded that a handout prepared last fall and distributed to all seniors would be given to them.

YMCA

(Continued from Page 1)

the many classes and activities that the Y runs.

Programs at the Y include all types of fitness classes for all ages, organized sports, arts and crafts, after-school care, summer camps and vacation day-camps.

This year the YMCA will focus on families to its program.

In an attempt to spread the word around this year's budget, a team approach was taken. Budgets and fire chief Mike Ellis and fire chief Mike Ellis. Each of them has been team captains, and each has four members.

Ellis said that anyone who is contributing to the Y's budget may make either a direct or pledge an amount for the year or bill them quarterly. For information call Ellis at 528-0100.

ABUSE

(Continued from Page 1)

Some of the same points were also made by Julia Dickinson, co-director of Bay Area Women Against Rape (BAWAR), who suggested that the greater the amount of patriarchy in a society, the higher the rate of incest.

"Many women who've had incestuous relationships don't seek counseling til adulthood," she said.

BAWAR sees about 200 cases of incest a year, she said, about 95 percent of them not ongoing, but brought up years later by adults.

She said that girls are more likely to report a rape by a stranger than by a family member. "Society allows them to talk about the bogeyman down the street."

She agreed with Rechlin on the importance of the mother-daughter relationship, but sees the problem more in economic than in psychological terms. "What happens depends on

what stage the mother is in. Socially she is not allowed to believe the child. She is dependent on him financially."

Dickinson also disagreed with Rechlin on the issue of reporting incest and child molestation to the police.

"The child's needs are more important than the need to report. There is a conflict between advocacy and being an informant," she said.

"The primary goal of reporting to the police is to remove the perpetrator from the home," she went on, "and usually the girl is removed from the home rather than the father. He is the head of the household."

Rechlin agrees that removing the father from the home can be extremely disruptive.

"At the time of reporting, the whole family may be suicidal," she said, mentioning two cases in which the incarcerated fathers killed themselves. "Then their daughters felt guilty and suicidal."

Nevertheless, she sees reporting the incident as essential if any kind of changes are going to be made. The victim assistance program will begin working with as many family members as are willing to participate as soon as the case has been reported.

Her opinion was strongly seconded by attorney Neal Snyder, who prosecutes child abuse cases for the Alameda County Social Services Agency and who is also president of the Consortium of Child Abuse Councils. Snyder handles 50 to 60 cases of child abuse each year, as well as doing the termination of parental rights cases of flagrant abusers.

"The first 24 hours are critical," Snyder said. "Children molested at home are unlikely to report it, but an adult must intervene."

He acknowledged that the system of removing one party from the home creates problems.

"Removing the child from the home may make the child feel punished," he said. "If you remove the offender, he may be right back, or the family will work on the victim to change her story."

Nevertheless, no legal action can be taken until the incident is reported.

"During that first 24 hours we need to get the family with others who have been through the problem, who've had treatment. If we can convince the offender to confess, to admit culpability, then there is no need for adversary legal procedures," Snyder said.

Like most professionals in the field, Snyder is appalled at the process which requires victims to tell their stories many times, thereby reliving the pain. Most suggest that the child's initial interview with both a social worker and a police officer be videotaped and that tape used for court appearances.

"I like to design my cases so

that legal intervention isn't more traumatic than the abuse," he said.

Snyder made a distinction between the man who commits incest and the pedophile or child molester. "The incest offender is treatable when he admits culpability. The pedophile doesn't see anything wrong with what he's doing and so is not treatable."

"With the incest offender, the emotional relationship leads to sex," he went on. "With the pedophile, the emotional relationship is simply a preliminary to sex."

"The problem of pedophilia is similar to the situation of rape 10 years ago," according to Berkeley police officer Seth Goldstein, chairperson of the Northern California Juvenile Officers Association Committee on Sexual Abuse and Exploitation of Children.

"It's in the closet, it's not discussed, it's under-reported," he said.

Goldstein said that the child victim often develops a strong relationship with the molester.

"This has to do with the method of seduction, showering the child with affection and attention," he said.

He showed some examples of pedophilia-related pornography, including shots of a 12-year-old babysitter in poses a la "Pretty Baby," books on how to avoid prosecution for pedophilia and magazines called "Baby Sex," "Lollirots" and "Kinder Sex."

"These kids suffer everything you can think of," Goldstein said. "They are not our successes. They are suicides, drug abusers, prisoners."

"Most abusive parents were themselves abused as children," Snyder agreed.

"There's a pattern with adult offenders," he said. "They have low self-esteem, poor communication skills, poor adult sexual relationships."

Rechlin said that incest was

more frequently reported by black or white women. Filipino, Chicano women.

"But it occurs in all races. There are no racial or ethnic groups where it's more common," she said.

What the families have in common is a strong patriarchal system.

"The families are so patriarchal and they are so scared of the front page," she said.

Snyder said, "It's Catholic and Mormon people who are more scared."

"That tied in with the feminist perspective, the innate sex role — of male and submissive — and the victim profile."

She thinks that part of the problem is the way the media handles the sexual abuse.

"It's much easier to make a porno crowd than a crowd," she said.

Clubs

ALBANY
Sopranoists
Sopranoists Interna-
will hold its luncheon
Wednesday, Feb.
at noon at Kirby's El
Station.
program will be
America," a
show, Julia White,
ent, will preside.
Toastmistress
USDA Toastmistress
meets the first and
Wednesdays of each
at noon in the third
conference room at
S. Department of
Building, 800
Street, Albany.
club was chartered
group of USDA Em-
but anyone is wel-
join.

are invited to
Millard or Brenda
at 486-3736. Amie
is available.
Albany Lions
Lions Club meets
at 7 p.m. at
El Cerrito Plaza.
day will be Feb.

Albany Rotary
Rotary Club
Tuesday at 12:30
at Spenger's Fish
Berkeley.
Bridge Club
club meets at 12 p.m.
Wednesdays and Thursdays
University Village
Center, 1223 8th
more information
6689.

Scrabble
Scrabble Players
41 meets each
12:45 to 5 p.m. at
Hotel Ave. All persons
of age or older are
to participate free
game of one hour
Persons are request-
their own game
egg timers. Call
for reservations.

Live Wires
Vassallo will show
Madrid and Gran-
Live Wires on Fri-
29 at 7 p.m. at Al-
Senior Center, 846
Ave. Mary Milo
Flindoll will
refreshments.

EL CERRITO
Sopranoists
Sopranoists Interna-
will hold a
meeting on Mar. 3,
at the Cerrito City
The meeting will
at noon.

Community Bridge Club
club meets Monday
p.m. and Tuesdays,
a.m., at El Cerrito
City Center, 7001
Lane. For informa-
232-6689.

Lions
El Cerrito Lions Club
Tuesday evenings at
at the Cerrito City
Kearney.

Kiwans
Albany El Cerrito
Club meets Tues-
7:30 a.m. at Car-
Restaurant, 6120 Por-
te, El Cerrito.

Rotary
Cerrito Rotary meets
at 12:15 p.m., at
City Club, 1600

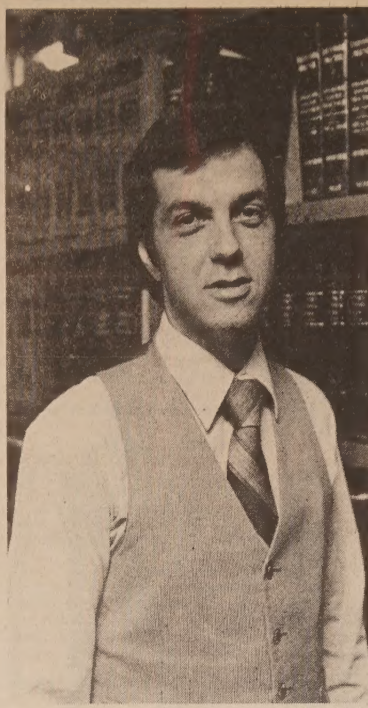
AAUW
Patterson, operat-
and winner of the
Whitman Opera Na-
Auditions in 1972, will
guest artist at the
winter luncheon of
Richmond-El Cerrito
of the American
of University

luncheon will be held
Feb. 28, at the
Vista Country Club,
cocktails at 11:30 fol-
lunch at noon and
gram at 1:30.
erson made his debut
the New York City
Company as Alfredo
Traviata. He also
and roles opposite
Sills in Anna Bo-
Puritani. In 1976,
ained to the West
singing recitals and
with the Los An-
harmonic and the
Wagner Chorale.
ately, Patterson is a
resident and is
for the ministry at
Lutheran Theologi-
seminary in Berkeley.
companionist, Lucy
is also associated
seminary.

members and
members wishing to
the luncheon should
see Carol Anderson
2000 to check on
availability. Price
luncheon and enter-
is \$7.75 out of
\$1 per ticket will go
for AAUW's Educa-
Foundation Program
men.

KENSINGTON
Kensington Women
City Carats - Spar-
entertainment" by
Weigand and com-
will feature dance
accompanied by
for the general
of the Arlington
Club on Tuesday,

Law class for seniors



Terrance Murray

Jazz bands set concert

THOUSAND OAKS
Northbrae Women
On Wednesday Feb. 25 at
1:30 p.m., there will be a
guest day and tea.

Mrs. William Edlund, sec-
ond vice-president and pro-
gram chair, will present
Mrs. Stuart L. Anderson,
who will do a book review.

EAST BAY
Women's Club
Members of Alameda
District, California Federa-
tion of Women's Clubs will
attend an auction at 1:30
p.m. on Feb. 26 at the Hill
and Valley Club, 1808 B
Street, Hayward.

Past President Inez
Kirkbride will be auction-
eer. Funds from this
"Trash or Treasure" event
will be used for district and
state convention expenses.

There will be a coffee
hour in the morning. Fol-
lowing this, Katherine
Toner, district president
will report on the executive
board meeting of the Cal-
ifornia Federation of
Women's Clubs, which she
recently attended in Sacra-
mento. She will discuss
plans for the state meeting
in May at Palo Alto. Offi-
cers and district chairper-
sons will also give their re-
ports.

Lucy Grogan will be in
charge of the luncheon
served by Hill and Valley
Members.

Berkeley City Club
French hornist John Bur-
ton, and pianist Helene
Wickett will present a con-
cert program following
family night dinner on Fri-
day, Feb. 27th.

Times Journal

Young money makers...

In Albany, El Cerrito, Kensington and 1,000 Oaks

Once-a-week. Wednesday Morning.

No Collections

Are you looking for a way to earn your own spend-
ing money? Would you like to learn how to conduct
a business that is all your own? Become one of
today's young money-makers. ...

If you are 10 years or older,
CALL TODAY ... 525-2644

Times Journal

9 a.m. to 5 p.m. Monday thru Friday
Ask for the Circulation Department.

Times Journal

Times Journal

Times Journal

EL CERRITO — Every-
one knows at least one hor-
rifying tale of how some-
one's ignorance of the
law landed them in a big
mess.

To help its older adult cli-
ents avoid such problems,
the Open House, the city-
sponsored senior center,
will offer a series of classes
on the law similar to those
presented last fall.

Albany attorneys Ter-
rance Murray and Elaine
Olson will give a series of
lectures on wills, inheri-
tance taxes, probate, con-
servatorship and estate
planning beginning Tues-
day, Mar. 17.

The two lawyers, mem-
bers of the Albany firm of
Foley, McIntosh & Foley,
said that the elderly are
usually concerned about
these topics, and that it was
in fact important for every
adult to become familiar
with the legal steps that
follow a death in the fam-
ily.

"Even young people
should think about wills
since they will probably
have to deal with them
when their parents die,"
Olson said. "As far as es-
tate planning goes, it's a
good idea to plan early to
avoid problems later on."

The two instructors said
that they will discuss the
California Natural Death
Act, which gives a termi-
nally ill person the legal
right to refuse life-prolong-
ing medical treatment.

Murray said that he plans
to explain what to expect in
terms of legal fees.

"The main thing to re-
member is that time is
money," he said. "The
longer it takes us to settle
an estate, the more it will
cost." —Roberta Alexander

For more information on the
class, call the Open House at
526-0124.

**Auditions for
choral group**

Auditions for the Baroque
Choral Guild's Peninsula
and East Bay Chorus will
be held beginning Mar. 1 in
Palo Alto and in Berkeley.

The final concert of this
season will be "A Bach
Family Affair," featuring
the choral music of Johann
Sebastian Bach and also the
rarely performed music of
other members of the Bach
family. Kenneth Hannaford
will conduct.

For information and ap-
pointments, phone 845-3480
in the East Bay.

EVERYTHING YOU'VE
ALWAYS WANTED TO
KNOW ABOUT PAT-
TERN FITTING AND
WERE AFRAID
TO ASK.

CHICAGO,
DETROIT,
NEW YORK,
BOSTON,
ATLANTA,
MIAMI

Thousands Paid
7.00 To Attend
This Clinic in 79
& 80. This Year
... In Coopera-
tion With The
President's Re-
quest To Fight
Inflation - We
Will Not Raise
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In The Past, Cut
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Bring It With
You and Pay
Only \$4.00

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OFF



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PATTERN
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ATTEND ONE 3 HOUR CLINIC
FOR ONLY \$4.00
PROFESSIONAL DESIGN CONSULTANT

Learn how to make perfectly fitting slacks and
pants every time - How to buy your correct size
pattern - How to sew sleeves and collars easily -
How to end pinning and basting - Sew zippers
quickly - Sew straight seams and many more
shortcuts to skill and fun in sewing. Learn
amazing pattern making method that allows you
to create unlimited designs, contoured to your
own body requirements.

NO RESERVATION NECESSARY. BE EARLY FOR BEST SEATS.

Clip and receive basic dress, slack pattern and suit
dress pattern you can draft to fit your measurements.
Also a pattern fitting manual.
Morning Class Begin at 10:00 A.M. - Evening Class at 7:00 P.M.
Tell your friends about this Ad. Classes identical.

NO EVENING CLASSES ON FRIDAY OR SATURDAY © 1977

Mon. Mar. 2 - Millbrae
El Rancho Inn
1100 El Camino Real

Tues. Mar. 3 - San Francisco
Royal Inn
275 S. Airport Blvd.

Thurs. Mar. 5 - San Rafael
Holiday Inn
1010 Northgate Dr.

Sat. Mar. 7 - San Francisco
Holiday Inn Convention Center
50 8th Street

Tues. Mar. 10 - Vallejo
Gateway Motor Hotel
2070 Solano Ave.

Thurs. Mar. 12 - Emeryville
Holiday Inn
1800 Powell St.

Sat. Mar. 14 - Berkeley
Berkeley House Hotel
920 University Ave.

Mon. Mar. 16 - Mill Valley
Howard Johnson
160 Shoreline Hwy.

Tues. Mar. 17 - San Francisco
Kyoto Inn
1800 Sutter St.

Wed. Mar. 18 - Redwood City
Howard Johnson
485 Veterans Blvd.

Thurs. Mar. 19 - Concord
Sheraton Inn Airport
45 John Glenn Dr.

Mon. Mar. 23 - Millbrae
El Rancho Inn
1100 El Camino Real

Wed. Mar. 25 - San Mateo
The Villa Hotel
1400 S. El Camino Real

Mon. Mar. 30 - Fairfield
Holiday Inn
1510 Holiday Lane

Tues. Mar. 31 - Livermore
Holiday Inn
1350 & Springtown Blvd.

Wed. Apr. 1 - Oakland
Holiday Inn Airport
1300 Hegenberger Rd.

Sat. Apr. 4 - San Francisco
Holiday Inn Convention Center
50 8th Street

PIC'N PAC

LIQUORS

END OF THE MONTH SALE!

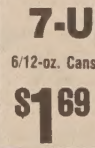
Specials Effective Thru 3/3/81—While Supply Lasts



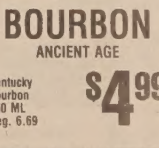
VODKA
SMIRNOFF
1.75 Liter
Reg. 13.61
\$10.99

WHISKEY
PIC 'N PAC
Blended,
750 ML.
Reg. 3.69
\$2.99

SEAGRAM'S
V.O.
750 ML. Reg. 5.95
\$6.99

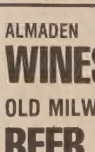


7-UP Regular
Diet
6/12-oz. Cans
\$1.69

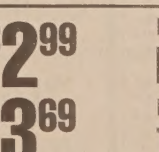


BOURBON
ANCIENT AGE
Kentucky
Bourbon
750 ML.
Reg. 6.99
\$4.99

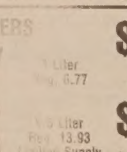
LIGHTERS
"BIC"
Flick
A
Bic!
SALE **79¢**



ALMADEN
WINES
1.5 Liter
\$2.99



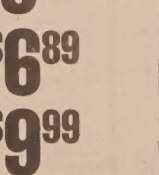
OLD MILWAUKEE
BEER
12-Pack/12-oz.
\$3.69



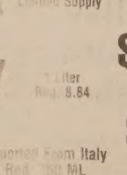
PIC 'N PAC
VODKA
1.75 Liter
Reg. 7.49
\$6.89



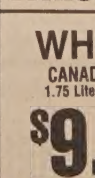
TEN HIGH
WHISKEY
Bourbon,
1.75 Liter
Reg. 12.87
\$9.99



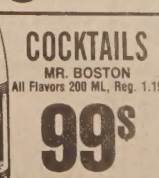
MISSION FATHERS
BRANDY
1 Liter
Reg. 6.77
\$4.99



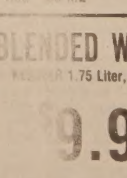
PANCHO VILLA
TEQUILA
1.6 Liter
Reg. 13.93
Lowest Supply
\$9.99



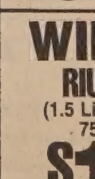
WHISKY
CANADIAN LTD.
1.75 Liter, Reg. 12.87
\$9.99



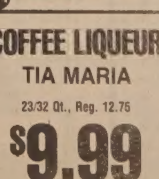
COCKTAILS
MR. BOSTON
All Flavors 200 ML, Reg. 1.19
99¢



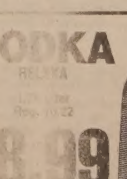
BLENDED WHISKEY
1.75 Liter, Reg. 13.63
\$9.99



WINES
RIUNITE
(1.5 Liter \$2.99)
750 ML
\$1.99



COFFEE LIQUEUR
TIA MARIA
23.32 Qt., Reg. 12.75
\$9.99



VODKA
RELSKA
1.75 Liter
Reg. 10.22
\$8.99

3 LOCATIONS TO SERVE YOU

BERKELEY Gilman & San Pablo Ave.

EL CERRITO 10012 San Pablo Ave

CONCORD 1700-B WillowPass Rd.

Pot luck

with Olga Bier



Too much meat?

Lately I have been aware of criticism concerning the amount of meat we consume. Many nutritionists point out that fulfilling our daily four-ounce requirement of protein need not mean eating meat alone.

Four ounces of protein is really not very much. A quarter-pound hamburger patty would supply all the protein required for a day. Consider that if you ate a patty like this at one meal, your breakfast egg, the tuna sandwich you had for lunch and the bag of peanuts you snacked on are all in excess of your daily needs. Remember, protein, like any other nutrient, is metabolized in the body and the excess converts to calories. Contrary to popular diets, you can't eat as much protein as you want without consequences, nor can you safely cut out any of the other nutrients in favor of protein.

Actually, protein is needed by our bodies because of the amino acids it supplies that are necessary for growth and maintenance of tissue. There are more than 20 of these amino acids, but nine of them are considered essential to life because they cannot be manufactured within the body as the others can. Animal proteins—meat, eggs, fish, poultry—supply all these essential amino acids. So do nuts.

Grains, legumes (beans), and seeds are high in protein but their amino acids are incomplete. In order to make them work, they must be teamed with the right foods to complement them and make up for each other's deficiency.

Survival food

That's what makes a dish with beans, cheese, and corn (legumes, milk, and grain) and another with beans and rice (legumes and grain) so nourishing. Luckily, these combinations are filling and inexpensive. Not low-calorie, however, but certainly life-sustaining and energy-giving. This is the basic menu, for example, in Mexico and India.

The Indonesian Rice Tefel which seems so exotic to us is a very good way to supplement the protein of a small amount of meat—curried lamb or chicken—on a large bed of rice and sprinkled with chopped nuts, raisins, coconut, and chutney.

The peoples of the world have developed these combinations not because they are all nutritionists, but because these diets enable them to survive!

Seed harvest

Seeds are really tiny embryos of plants and are very nutritious too. They supply energy as well as a protein and many vitamins.

Can you help? How do I get the hulls off the sunflower seeds? They're too small for the nutcracker.

Dear Jo:
I know it can be done with skill, but fast. I can follow a certain young lady in my family by the trail of hulls she leaves behind. But her technique is limited to those seeds she herself consumes.

If you'd rather not buy your seeds already hulled, *The Nitty Gritty Foodbook* by Sheryl P. Herdt recommends that you put the unhulled seeds through a food chopper set at coarse. Then stir them in water. The hulls will float and the seeds will sink.

Roast the seeds at 350 degrees F. for 20 minutes and they'll become sweeter. Sunflower seeds are a very good source of Vitamin B6. Grind them very fine and add some to a bread recipe. Also, consider adding a bit of oil to the fine meal and make a seed butter.

Caution

So many of our young people have become enamored of the vegetarian diet. Proper balancing of grains, legumes, and milk can supply adequate proteins, but this must be done carefully and with study. For those of you who would simply like to cut down on meats (and food costs), remember that four ounces of protein is really not much. Start experimenting with some of these other substitutions. Let me know when you have a particularly tasty dish we can share with other readers.

I love letters

Not only did I get a wonderful response to Carolyn V.'s request for Lemon Pudding Cake, but many of you sent on other good recipes and hints. We'll go over them next week. Stay tuned. Meanwhile, take pen in hand.

Olga Bier, an Albany resident, teaches culinary arts at Contra Costa College and is the head of the consumer home economics department at El Cerrito High School. Anyone with hints for this column or questions, may write to Olga Bier, care of The Times Journal, 1247 Solano Ave., Albany, 94706.

Tax help for deaf

Deaf and hearing-impaired taxpayers can receive Federal income tax assistance free of charge through a special toll-free TV phone or teletypewriter

system, according to Michael Sassi, Director of the Internal Revenue Service for Northern California.

"We urge deaf and hearing-impaired citizens to use this service in resolving questions they may have about Federal tax matters," said Sassi.

The assistance is possible by use of a device that electronically connects a telephone receiver to either a television screen and keyboard (TV-phone) or to a teletypewriter (TTY).

To get assistance, Sassi said, the individual must call without charge the IRS TV-phone/TTY headquarters in Indianapolis, Ind. When a response is received, the taxpayer types a question which is transmitted over telephone lines. The answer from the IRS will be made in the same manner. Since no vocal responses can be made through this system, the toll-free number can only be used by people with access to the special equipment.

Many deaf and hearing-impaired persons have one of these systems in their homes. Those who do not may be able to use equipment available through local service agencies or organizations for the deaf.

Northern California residents should dial 1-800-428-4732 between the hours of 5:30 a.m. and 3:45 p.m., PST, for this service.

THE RACING MARCH — The Bay Area Chapter of the March of Dimes is sponsoring March of Dimes Day at the Races on Friday, Mar. 6. A buffet luncheon will be served at the Turf Club from 11:45 to 1:30 p.m. Donation is \$12. Shown here are Albany chapter members (from left) Peggy Thomsen, Doris Chambers and Helen Baum. For tickets call 527-2449 or 524-7158.

Teen needs foster home

Dawn, a 17-year old girl, is in need of a foster home. She is a tall, pretty girl with long hair.

Dawn (not her real name) has difficulty talking about her problems. When a problem arises, Dawn often runs away instead of talking things out. With the help of a patient foster parent she could learn to face problems without running away.

Dawn is very creative

and dreams of using her creativity in a job.

To learn about becoming licensed foster parents to children in need of foster-homes, call the Alameda County Social Services Agency at 874-6911.

The payment for board and care of foster children ranges from \$211 to \$285 per month depending on the age of the child. Medical expenses are covered through Medi-Cal.

Senior centers

ALBANY

The Albany Senior Center is at 846 Masonic Ave. 644-8500. Hours are Monday-Friday, 9 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m. and Sunday, noon-4 p.m.

The new flyer of our schedule and program is now available. Pick up one for yourself and take one to a friend.

Special Events

New group of those who sew, knit, crochet, etc. began Tuesdays on Feb. 17. Bring a bag lunch and your handwork and join the Chat & Sew, Stitch a Bit group. Barber service is available Saturdays, 10-12 a.m. Donation requested.

Legal Assistance for Seniors will have a representative at the Center on Thursday, Mar. 12, to answer questions and begin processing legal matters. Appointments are needed.

Chess group meets Fridays at 10 a.m. Play or learn.

Membership Meeting, Thursday, Mar. 5, 12:30 p.m. A.C. Transit cards will be made at the center on Wednesday, March 11 at 10 a.m.

Pancake Brunch, Sunday, Mar. 15, 11 a.m. to 2:30 p.m. \$1.50 per person.

Classes

Mondays — Prose Writing 9-12 noon, Drawing & Painting 9-12 noon, Foreign Policy 3-5 p.m.

Tuesdays — Newly Widowed 10-12 noon; Fitness with a Flair, 9 a.m.; and Square Dance Basics 1-3 p.m.

Wednesdays — Looking Good & Feeling Great, 9:30-11:30 a.m.; World Affairs 10-12 noon, Creative Retirement 12-2 p.m., Tai Chi 2-3 p.m.

Fridays — World History 9:30-11:30 a.m.

Continuing Events

Bingo, Thursday and Saturday, 10:30 a.m.; Bridge, Friday, 12:15 p.m.; Singalong, Thursday, 11:30 a.m.

Cards and conversation, Thursday, noon-5 p.m.; Saturday, noon-4 p.m.; Sunday, noon-4 p.m.

Chess group meets every Friday at 10 a.m. Mini-market for seniors only is held Thursdays from 11-11:45 a.m., with special produce buys.

The "Senior Prom" ballroom dance is held in the multi-purpose room at Marin School every Saturday from 8 to 11 p.m. To brush up or learn new steps, come at 7:30 p.m. Donation: \$1.50 (includes refreshments).

Tax Assistance

Tax assistance for seniors is available every Monday and Friday. Bring your previous year (1979) tax returns and any tax forms you have received along with your current information. Hours: Monday 9-12 a.m., 1-4 p.m. Friday 1:30-4 p.m.

Social Security

Bring your questions and problems about Social Se-

curity, SSI and Medicare to the field representative at the center every Friday at 3 p.m.

Taxi-Van Script

Coupon books for both taxi and accessible van for Albany available at the center for residents at \$4 per book.

Bus Tours

Mar. 4, Rebecca Farms; Mar. 19, Reno, Nev.; April 20, Southern California (5 days); May 13, Delta Cruise; May 27, Reno Turnaround; June 10, Overnighter; June 24, Woodside and S.F.; July 1, King Camp and Santa Cruz; Aug. 17, Rome (5 days); Sept. 17, Marineworld; Oct. 14, San Francisco; Nov. 1, San Francisco; Dec. 9, Oakland.

March 8, Chinese play and lunch. Entertainment courses at Louie's on Grant Avenue, San Francisco for the production at the Universal Building. Cost: \$18 includes lunch, show, transportation.

Menus

The Nutrition site meal is served at 11 a.m. Advance reservations are required. The suggested minimum donation is 75¢ for seniors, \$3 for persons under 60.

Wednesday, Feb. 25, chicken; Thursday, Feb. 26, roast beef (birthday day); Friday, Feb. 27, chicken; Monday, Mar. 2, pork chop suet; Tuesday, Mar. 3, baked chicken; Wednesday, Mar. 4, fish.

EL CERRITO

Christ Lutheran

Mondays, 9 a.m. to 2 p.m. at 790 Adeline St. Stockton: craft classes in the morning, 9-11 a.m.; afternoon program of information, games, community singing, sitdown exercises and folk dancing.

Classes in making pressed flower stationery, jewelry, weaving are taught at the center. Co-sponsored by Richmond Adult Education.

St. John's Center

St. John's Center is for El Cerrito residents over 18. It meets in the Catacombs building, 3740 El Cerrito Road, El Cerrito, Calif. 94530. Hours: every Tuesday from 9 a.m. to 2 p.m. Call only: 234-2797, or call center director (234-1111).

The center is part of the Richmond Unified Adult Education program for seniors, and is trained, supervised volunteers.

Craft classes are held from 9 a.m. to noon: jewelry, tin and glass, macramé, knitting and crocheting, watercolor painting, weaving, cards and stationery, and nutrition.

There is a guest speaker following the hour. Then there is community singing, sitdown exercises.

(Continued on Page 9)

INFLATION FIGHTERS

Mayonnaise

BEST FOODS

1.49

INFLATION FIGHTERS

Gold Medal

FLOUR

5 LBS.

98¢

INFLATION FIGHTERS

MJB

GROUND COFFEE

4.29

INFLATION FIGHTERS

Purex

LIQUID BLEACH

69¢

• Food Farm Fights Inflation...

| | | | |
|------------------------|-----------------------|-------------|------|
| COKE • FRESCA | SPRITE & TAB..... | 2 LITER BOT | 1.05 |
| CHEESE NIPS | NABISCO..... | 15 OZ PKG | 79¢ |
| ALUMINUM WRAP | REYNOLDS..... | 25 FT PKG | 55¢ |
| POTATO CHIPS | CRISP B. HUBBARD | 8 OZ PKG | 79¢ |
| GORTONS CLAMS | REG. DIP, BBQ & ONION | 8 OZ PKG | 79¢ |
| PAPER TOWELS | CHOPPED & MINCED | 6 OZ CAN | 79¢ |
| RAMEN NOODLES | SCOTT JUMBO..... | PKG | 75¢ |
| POST TOASTIES | SMACK INSTANT..... | 5 OZ PKGS | 99¢ |
| SHORTENING | CEREAL..... | 18 OZ PKG | 98¢ |
| NESCAFE INSTANT COFFEE | SWIFTING..... | 42 OZ CAN | 1.49 |
| | | 10 OZ JAR | 3.98 |

FOOD FARM

EL CERRITO—10700 SAN PABLO AVE. OAKLAND—E. 14th ST. & 25th AVE.

7 DAY SALE
EXCEPT FRESH MEATS AND PRODUCE

STORE HOURS:
MON. THRU SAT. 9 A.M.-5 P.M.
SUNDAY 10 A.M.-7 P.M.

INCLUDING FRESH MEAT
WE WELCOME FOOD STAMP SHOPPERS
WE RESERVE THE RIGHT TO LIMIT

• Frozen Foods •

| | | |
|------------------------------------|--|------------|
| DINNERS | BANQUET ASSORTED PKG | 73¢ |
| BONNIE HUBBARD ORANGE JUICE | SARA LEE CAKES | 39¢ |
| 6 OZ CAN | STRAWBERRY SHORTCAKE BLACKFOREST 21 OZ PKG | 2.49 |
| | BANQUET FRIED CHICKEN | 2.79 |
| | READY TO EAT 32 OZ PKG | |

PREMIUM ICE CREAM BERKELEY FARM..... 1/2 GAL 1.79

BANQUET FROZEN FOODS

| | | | |
|---------------|----------------------------|-----------|------|
| MEAT PIES | BEEF, CHICKEN, TURKEY..... | 8 OZ PKG | 39¢ |
| COOKIN BAGS | ASSORTED..... | 5 OZ PKG | 45¢ |
| BUFFET SUPPER | SAUSURBY STEAK | 32 OZ PKG | 1.79 |
| BUFFET SUPPER | TURKEY & GRAVY | 32 OZ PKG | 2.49 |
| | ENCHILADAS..... | 32 OZ PKG | 2.49 |

• Assorted Frozen Favorites •

| | | | |
|---------------------------|---------------------|-----------|------|
| LARRYS STUFFED POTATOES | ASSORTED..... | 10 OZ PKG | 47¢ |
| LARRYS POOR BOY SANDWICH | | 14 OZ PKG | 1.49 |
| BONNIE HUBBARD FISHSTICKS | | 8 OZ PKG | 73¢ |
| HASH BROWN POTATOES | BONNIE HUBBARD..... | 32 OZ PKG | 69¢ |

Farm-Fresh Produce Dept.

JUMBO AVOCADOS

EXTRA FANCY CALIFORNIA 40 SIZE

4.99¢

ASPARAGUS

NAVIL ORANGES

DELICIOUS APPLES

CRISP ICEBERG LETTUCE

CAULIFLOWER

GREEN CABBAGE

TENDER CRISP CELERY

SPINACH

MEXICAN JICAMA

GLADE SOLID AIR FRESHENER

BIG "G" CRISP WHEAT & RAISINS CEREAL.....

• For A Fabulous Treat — Serve Food Farm Meats •

| | | | |
|----------------------------|------------------------|-----------------------|-------------------------|
| Beef | Beef | Beef | Steer Beef |
| ROUND STEAK | SIRLOIN STEAK | X RIB ROAST | OXTAILS |
| TENDER BONELESS—CENTER CUT | TENDER—CENTER CUT LOIN | TENDER—BONELESS CHUCK | LEAN MEATY—FROZEN FRESH |
| 2.19 | 2.49 | 2.09 | 1.09 |

• More Beef Buys from Food Farm •

| | | |
|-------------------------|------------------------------|----------|
| BEEF PORTERHOUSE STEAK | EXTRA TENDER LOIN CUT..... | LB. 3.39 |
| BEEF T-BONE STEAK | EXTRA TENDER LOIN CUT..... | LB. 3.39 |
| BEEF RIB STEAK | EXTRA TENDER CENTER CUT..... | LB. 2.98 |
| BEEF SIRLOIN TIP ROAST | TENDER BONELESS ROUND..... | LB. 2.39 |
| BEEF RUMP ROAST | TENDER ROUND CUT..... | LB. 1.89 |
| BEEF STANDING RIB ROAST | TENDER LARGE RIB END..... | LB. 2.19 |

Armour Star

BACON

SLICED

LB. PKG. 1.69

THICK SLICED

BACON

2 LB. PKG. 3.29

Ocean Fresh Pan-Ready Seafood

BUTTERFISH FILLETS.....

ENGLISH SOLE FILLETS.....

ROCK COD FILLETS.....

RED SNAPPER FILLETS.....

PERCH FILLETS.....

East Bay orchestra plans show

The East Bay's Prometheus Symphony Orchestra will present its next concert on Sunday, Mar. 1 at 3 p.m. in the Oakland Auditorium Theater.

The concert will highlight music with an Eastern European flavor — including Dvorak's Symphony #7 in D Minor, Brahms' Hungarian Dances, and Von Weber's Overture to Der Freischutz — and will feature concertmistress Elizabeth Baker in Bartok's First Rhapsody for Violin and Orchestra.

The Prometheus Symphony is comprised of both amateur and professional musicians with a desire to perform in the community. It is a non-profit group and this concert is co-sponsored by Vista College. A \$3 donation is suggested at the door.

The Oakland Auditorium Theater is located at 10 Tenth St. in downtown Oakland, just across from the Oakland Museum.

Important news for ultra low tar smokers.

New Merit Ultra- Lights!

Now the MERIT idea has been introduced at only 4 mg tar—New MERIT Ultra Lights. A milder MERIT for those who prefer an ultra low tar cigarette.

New MERIT Ultra Lights. It's going to set a whole new taste standard for ultra low tar smoking.

Only
4 mg tar
Regular &
Menthol



MERIT
Ultra Lights

Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.

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Churches

THOUSAND OAKS Epworth United Methodist Church

On Sunday, March 1, at 10 a.m. the Rev. David F. Sloppe will preach. There is a special children's time during the service before their creative class. Child care is provided throughout the morning.

Coffee time follows the service. Youth and adult classes meet at 11:15 with leaders Dr. C. Maxwell Brown and the Rev. and Mrs. David Wu.

Youth meet each Sunday at 6:30. The children's choir and adult choir practice Thursday at 7:30 p.m.

All adults are invited to the church on Friday, Feb. 2, for a potluck dinner. Mr. and Mrs. Arnold Coombs will present a slide show, "A Dasher Trip Through Europe."

The church youth will serve a pancake supper on Shrove Tuesday, March 2, from 6 to 7:15 p.m.

The Lenten celebration will begin with an early morning worship on Ash Wednesday, March 3, at 6:30 in the chapel.

The church is located in the Thousand Oaks district of North Berkeley at 1953 Hopkins St. Phone 524-2921.

Northbrae Community Church

Schedule for Sunday, March 1: Senior choir rehearsal, 9 a.m.; junior choir rehearsal, 10 a.m.; Biblical studies forum, 10:10; primary choir rehearsal, 10:30; worship with guest minister, the Rev. Earl Grote, 11; church school, 11:20; coffee time; opening of El Cerrito Art Association exhibit in gallery, 12 noon.

The church is located at 941 The Alameda in the Thousand Oaks district of North Berkeley.

Thousand Oaks Baptist Church

On Sunday, Feb. 22, the church at study begins at 9:45 a.m. with classes for all ages. The church at worship begins at 11 a.m. with the pastor preaching on the following subject: "Jesus Has the Authority and Power"—"To change the purpose and direction of one's life; to change our thoughts, philosophy and commitment, to cleanse our rebellious sin; and to heal our ailing bodies," he said.

On Wednesday, Feb. 25, the family fellowship potluck dinner will be held at 6:15 p.m. followed by Bible study led by the pastor for adults and by Jim Hopkins for

young people. Choir rehearsal will follow at 7:45.

An after-school drop-in recreational program is held at the church every Friday afternoon at 3:30. All fourth through eighth graders in the community are invited to come for volleyball, basketball, ping pong, games, drama, and refreshments.

The church is located in the Thousand Oaks district of North Berkeley at 1821 Catalina Ave. Phone 526-3773.

ALBANY

St. Alban's Episcopal Church

This morning at 11:30 the Rev. Warren Debenham will celebrate Holy Communion.

On March 1, the Right Reverend William Swing, Bishop of California, will consecrate the church building, now free of debt. He will be the preacher and will be assisted in the celebration of the Holy Communion by Father Debenham, the Rev. Patrick Maitrejean and Nabil Jacob, lay reader. Robert Knapp will be the lector. Acolytes will be Alex Rogers at 8 a.m. and Karin Lamb and Dawn Euston at the later service. The senior choir, directed by Rita Dows, will sing the offertory anthem "We Come Unto Our Fathers' God." Ushers will be George Coons and R. A. Spurrier. After the service a coffee hour will honor Bishop Swing.

The last parish festival before Lent will be the annual pancake supper and pancake race on Shrove Tuesday, March 3. The supper will begin at 6:30 and will be spon-

sored, cooked and served by the Men's Club.

The church is located at 1501 Washington Ave., Albany.

Albany United Methodist Church

On Sunday, March 1, communion services will be held at 11 a.m.

The Rev. Dr. Peter Ahn's sermon will be "Conquering His Glory," based on Matthew Chapter 17 verses one through nine. Marjorie Keck will be the worship leader. It will be the annual observation of Human Relations Day.

On Tuesdays and Thursdays the toddlers' play group will meet from 9:30 to 11:30. The Bible class meets Tuesday at 11. Quilters meet Wednesday at 9:30. The player group meets Wednesday from 12:30 to 3.

The church is located at 980 Stannage Ave., Albany.

First Baptist Church of Albany

The "America for Christ Offering" of the American Baptist Churches will be received at the 11 a.m. worship service. This offering, taken each spring by the Baptist churches across America, supports the denominational work of home missions, publications and education. John E. Skoglund's sermon topic will be "A Tale of Cities" based upon Genesis 11:1-9 and Revelation 18:2.

Science notebook

Energy mindfulness

By GLORIA KAUFMAN

In Buddhist terms, it is called mindfulness, that process of being aware of our energy resources and how we use them, says solar engineer Jack Schultz. "At the moment we are not mindful of where we fit into the world and what we need to do in order to survive in it."

Schultz, a longtime proponent of solar systems, recently instructed a one-day program at UCLA Extension on the subject "Using Solar Energy." The program updated the principles and information needed to make decisions on solar installations, such as meshing solar heating devices with existing water and space systems.

"All the objections to solar energy are based on the unwillingness to be mindful of the fact that we are using up a very limited supply of energy resources," he says. "My feeling is that the resistance to change is so strong that we will not really make a major shift in lifestyle until we are so shocked by some crisis that we once again take responsibility for the sources of our own survival."

The solar consultant feels that we are no longer aware of these sources. "How many people know where their food and water supply actually comes from, or where their sewage goes? Even knowledgeable, sophisticated people don't understand these things anymore. They accept the status quo because everything seems to be functioning all right."

He says that we have been insulated from the realities by constant technological fixes such as building new pipelines or bigger dams—but that the time is coming when we will run out of these fixes. Then we will find a massive breakdown in people's confidence in their institutions, he believes.

"When you buy a solar installation you are buying your own source of energy," Schultz says.

Camp Fire sets candy sale

The Alameda-Contra Costa Council of Camp Fire is holding its annual candy sale from Feb. 26 to Mar. 23.

The sale is conducted by Camp Fire youth selling door-to-door and at local business and shopping centers.

The aim of the sale is to continue the Camp Fire program and to extend it to more young people locally.

The young people earn prizes and partial or complete credit to attend day or resident camp and other Camp Fire activities. The council uses its profit to meet general budget needs for existing programs and to start new programs and/or serve new areas in Alameda or Contra Costa Counties.

The United Way is the major income source. This year the group hopes to raise at least \$160,000 from the candy sale.

The Alameda-Contra Costa Council serves 10,000 boys and girls ages 6-21 and 2,000 adults.

The council provides traditional programs of clubs which meet weekly, neighborhood day camps and resident summer camp. It also provides a girls sports league, career education, after-school outreach centers, and self-reliance programs for youngsters alone after school.

For information on the candy sale, call Joyce Carrier at 536-7841.

Good food at a good price!



There's nothing more basic to food shopping than convenience...and saving. So your neighborhood Lucky Store makes meal planning easier...with a bountiful selection of meats, fresh produce, food and groceries — even non-foods like books, magazines and health and beauty aids. And low, discount prices in every department every day mean a lower total at the checkstand.

The quality you look for...at the sensible, low prices you've come to expect.

Satisfaction Guaranteed...or your money back. Basic Value from Lucky!

Ground Beef
Does not exceed 30% fat.
Any size package...lb. **1.18**

Beef Round Steak
Boneless, Full Cut...lb. **1.98**

Frying Chicken
USDA Grade A Whole Body...lb. **.62**

Frying Chicken
USDA Grade A Cut Up...lb. **.82**

Lady Lee Sliced Bacon
Thick Sliced...1 lb. pkg. **1.35**

Beef Chuck Steaks
...lb. **1.39**

California Avocados
California's finest...at a low price...each **.19**

Leaf Lettuce
Select from Red, Butter or Green Leaf...each **.25**

Crisp Cucumbers
Long green slicers...each **.29**

Cherry Tomatoes
Vine-ripened, full of flavor...basket **.69**

Provimi Veal

Veal Shoulder Blade Roast
Chuck...lb. **1.78**

Boneless Veal Stew
...lb. **2.28**

Veal Shoulder Arm Roast
Round Bone...lb. **2.28**

Veal Rib Chops
...lb. **3.98**

USDA Choice Lamb...Lucky Has It!

Lamb Shoulder Roast
USDA Choice...lb. **1.68**

Lamb Shoulder Blade Chops
USDA Choice...lb. **2.48**

Lamb Shoulder Chops
USDA Choice - Round Bone...lb. **2.68**

Lamb Rib Chops
USDA Choice...lb. **2.98**

Lamb Loin Sirloin Chops
USDA Choice...lb. **3.18**

Lamb Loin Chops
Small Loin, USDA Choice...lb. **3.38**

Lady Lee Sliced Bacon
Thin Sliced...2 lb. pkg. **2.69**

Beef Rib Steaks
...lb. **2.69**

Beef Loin Top Sirloin Steaks
Boneless...lb. **2.89**

Beef Loin T-Bone Steaks
...lb. **2.89**

Beef Loin Porterhouse Steaks
...lb. **2.99**

All Veal Steaks
Lean, Flavorful & Tender, Fresh Frozen...lb. **2.49**

Slab Bacon
By the Piece...lb. **1.28**

Fresh Spinach
Large green bunches, from California farms...bunch **.25**

Red Delicious Apples
Lunch box size from Washington State...lb. **.33**

Fresh Lemons
For flavor...for health. Use fresh lemon juice...each **.09**

Fresh Watercress
An appetizing garnish for meats...bunch **.39**

Broccoli
Fresh green bunches, Vitamin rich and nutritious! Serve it often...bunch **.59**

Squash
Select from Banana or Hubbard. Serve baked with butter and brown sugar!...lb. **.13**

Select from our wide assortment of Frozen Foods!

Ore-Ida Potatoes
Frozen - Shredded Hash Browns...12 oz. **.59**

Aunt Jemima Waffles
Frozen - Buttermilk or Original...10 oz. **.79**

Beef Steak Luncheon
Weight Watchers...10 oz. **1.74**

Fish Fillets
Gorton's - Frozen - Batter Fried...24 oz. **3.77**

Ore-Ida Potatoes
Frozen - Golden Crinkles...5 lb. **2.37**

Orange Juice
Sunlight - Frozen, Concentrate...12 oz. **.97**

Brown'n Serve Sausage
Swift, Frozen - Original, Hickory Smoked Flavored, Maple or Beef...8 oz. **1.26**

Totino's Party Pizza
Frozen - Assorted Varieties...pkg. **1.55**

Grape Juice
Seneca - Frozen, Concentrate...16 oz. **.93**

Americana Enchiladas
Van de Kamp's - Frozen, Ass't. Varieties...7.5 oz. **.65**

Bread/Cereal/Flour

Duncan Hines Cake Mix
Pudding Recipe - Devil's Food or Yellow...18.5 oz. **1.03**

Harvest Day Deluxe Bread
Round Top - White or Wheat; Sandwich - White or Wheat...24 oz. **.69**

Pancake Mix
Aunt Jemima - Complete, Buttermilk...32 oz. **1.18**

General Mills Cereals
Trix...12 oz. **1.41**
Cocoa Puffs...13 oz. **1.45**
Lucky Charms...14 oz. **1.51**

Totino's Pizza
Frozen - Classic Combination...20 oz. **2.79**

Apple Juice
Seneca - Frozen, Concentrate, Natural or Regular...12 oz. **.91**

Beef Ravioli
Luca - Frozen...12 oz. **.98**

Mushroom Sauce
Luca - Frozen...7 oz. **.54**

Orange Juice
Donald Duck - Frozen, Concentrate...12 oz. **1.07**

Chocolate Eclairs
Rich's - Frozen...8 oz. **1.18**

Rich's Coffee Rich
Frozen...16 oz. **.45**

Ore-Ida Crispers
Frozen...20 oz. **.99**

Mexican Classics
Van de Kamp's - Frozen - Cheese Enchilada Ranchero or Shredded Beef Enchilada...12 oz. **1.63**

Layer Cakes
Pepperidge Farms, Frozen, Assorted Varieties...17 oz. **1.75**

Mexican Classics
Van de Kamp's - Frozen - Mexican Style Pizza...11 oz. **1.73**

Crispy Fried Burrito w/Beef
...12 oz. **2.08**

Weight Watchers Luncheons
Froeh - Lasagna 13 oz., Vozel Parmigiana 9.5 oz. or Zita Macaroni 13 oz. **1.65**

Paper Products

Paper Towels
Mr. Jumbo White or Yellow...85's **.45**

Kraft "Nobody Cooks Like You"

Grape Jelly
Kraft...3 lb. **1.97**

Chunk Cheese
Kraft - Natural, Sharp Cheddar...8 oz. **1.60**

Kraft Casino Cheese
Monterey Jack or Monterey Jack w/Jalapeno Peppers...8 oz. **1.48**

Kraft Shredded Cheese
Mozzarella...4 oz. **.91**

American Cheese
Kraft - Deluxe Processed, Slices, 16's...12 oz. **1.89**

Kraft Velveta
Processed Cheese Spread...2 lb. **3.29**

Kraft Barbecue Sauce
Hot Hickory Smoke, Regular or Onion Bits...18 oz. **.99**

Kraft Salad Dressings
Oil Free Italian...8 oz. **.83**

1000 Island
...8 oz. **.78**

Fruits/Vegetables

Mott's Applesauce
...25 oz. **.86**

Lady Lee Potatoes
Au Gratin, Hashbrowns or Scalloped...5.5 oz. **.66**

Green Giant Vegetables
Niblets Corn 12 oz., Cut or Kitchen Sliced Green Beans 16 oz. **.43**

Delicatessen Items

Mohawk Brand Canned Ham
...5 lb. **8.99**

Sliced Salame
Marco Polo - Party Pak...9 oz. **1.99**

Braunschweiger
Lady Lee - Chub...10 oz. **1.05**

Ball Park Franks
Meat or Beef...1 lb. **1.83**

Gallo Salame
(13 oz. Chub 3.52) Sliced...3 oz. **1.03**

Pet Foods

Purina Chuck Wagon
Dry Dog Food...21 oz. **.48**

Purina Meow Mix
Dry Cat Food...3.5 lb. **2.42**

Friskies Chunky Dog Food
Canned Liver/Egg/Bacon, Chicken & Liver, Beef or Meat Stew...14 oz. **.37**

Other Items

Lady Lee Soup
Cream of Mushroom...10.5 oz. **.32**

Duraflame II Firelogs
...3.5 lb. **1.19**

Pine Mountain Logs
Color...5 lb. **1.35**

Pine Mountain Mountie
...3.5 lb. **1.09**

MJB Rice
Long Grain...28 oz. **1.11**

Milk-Mate
Chocolate Syrup...20 oz. **1.51**

Top Ramen Noodle Soup
Oriental, Beef, Chicken, Pork or Onion Flavors...3 oz. **.28**

Hunt's Prima Salsa
Regular or Mushroom...15.5 oz. **.87**

Pringle's Potato Chips
Twin Pak...9 oz. **1.37**

Aunt Jemima Syrup
...24 oz. **1.59**

Sunflower Oil
Sunlite...48 oz. **2.69**

Heinz Ketchup
...14 oz. **.59**

Saltine Crackers
Lady Lee...16 oz. **.65**

Laundry/Household Aids

Texize Wood Plus
Furniture Polish...8 oz. **.87**

Love My Carpet Rug & Room Deodorizer
Regular, Floral Fresh or Citrus Fresh...12 oz. **1.43**

Lysol Spray
Disinfectant - Regular...18 oz. **2.83**

Perk No Wax
Floor Polish...12 oz. **1.08**

Laundry/Household Aids

Fabric Softener
Lady Lee - Strips...20's **.79**

Toilet Bowl Cleaner
Lysol - Liquid...16 oz. **.83**

Beacon Mop & Glo
Floor Shine Polish...48 oz. **3.14**

Lime-A-Way Cleaner
...16 oz. **1.15**

Parson's Ammonia
Clear, Lemon or Pine...28 oz. **.48**

Liquor/Wine

Harvest Day Wines
Burgundy, Chablis or Vin Rose...3 Ltr. **2.69**

Lucky Scotch
80 Proof...750 ml **4.49**

Gilbey's Vodka
80 Proof...1.75 Ltr. **8.89**

Cribari Wines
Vino Flamma or Vino Rosso...1.5 Ltr. **1.99**

Liquor Items Available in stores with In-Store Liquor Departments ONLY.

Health/Beauty Aids

Clairel Condition II
Conditioner Assorted Types...16 oz. **2.24**

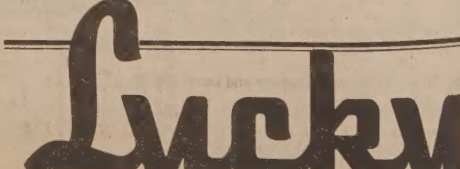
Clairel Condition Shampoo
Assorted Types...16 oz. **2.17**

Oil of Olay
...6 oz. **4.77**

Johnson's Baby Oil
...10 oz. **2.39**

Duo Tablets
...32's **1.44**

Crest Toothpaste
Assorted Types...8.2 oz. **1.76**



Prices effective Wed., Feb. 25th thru Tues., Mar. 3, 1981.

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Heart to heart

The American Heart Association is looking for "walkers" to make its Mar. 1 canvass successful. To volunteer or to donate, call district captain Irene Navarro at 524-8719.



Senior centers

(Continued from Page 6)

folk dancing until 2 p.m.

Open House

Drop-in Center, 6500 Stockton Ave., behind the library: phone 526-0124. Lunch Bunch meets daily at noon. Drop-in lounge open weekdays from 9 a.m. to 4 p.m. a.m.; bingo, 1 p.m.

Class Schedule

Monday—Tai Chi, 10-11 a.m.; bridge, 12:30-2 p.m.; coping with bereavement, 2-4 p.m.; make today count, 2-4 p.m.; guitar workshop, 7 p.m.
Tuesday—arts & crafts, 9:30-11 a.m.; fitness, 9:30 and 10:15 a.m.; bridge, 12:30-2:30 p.m.; law, 3-4:30 p.m. (starts Mar. 17)
Wednesday—metaphysics, 10-11 a.m.; knitting, 12-30-1:30 p.m.
Thursday—container gardening, 9:30-11 a.m.; fitness, 9:30 and 10:15 a.m.; information & referral, 10 a.m.-1 p.m.; grief process, 1-3 p.m. (starts Mar. 12).
Friday—fitness, 9:30 a.m.; bingo, 1 p.m.

New classes

Metaphysics—beginning Mar. 4. The first week's topic is "The Mystic Vision." Instructor is Dorothy Washington, a senior at JFK University's who's majoring in mysticism/religion.

The Grief Process—co-sponsored by Contra Costa College. Topics include bereavement, psychology of mourning, resources. It meets Thursdays, and is taught by Nancy Gans.

Cooking for Men Only—Al Pratesi teaches this class which meets alternate Wednesdays beginning Mar. 11 from 10:30-1:30.

Knitting—beginning Mar. 4, taught by Lillian Elentuck.

Special Events

Mazelle Rogers will present a slide show on China on Wednesday, Mar. 4 from 12-30-1:30 p.m.

Barber Clifford Smith will be here Friday, Mar. 13th and 27th from 9 to noon to cut men and women's hair for \$1. Call for an appointment.

Sing old songs and learn new tunes with choir director Lisbeth Roessler.

Senior Chorus meets every 1st and 3rd Wednesday of the month from 1 to 2 p.m.

Pot luck, Monday, Mar. 9, 6:30-9 p.m.

Alive Driving, Tuesday, Mar. 10, noon.

Podiatry clinic, Thursday, Mar. 5, 9 a.m.-noon.

Film shown by the fire chief, Thursday, Mar. 12, 12:30-1:30 p.m.

Public Health Nurse, Wednesday, Mar. 25, noon-1 p.m.

Social Security, Wednesday, Mar. 25, 12:15 p.m.

Breakfast and Bake Sale fund raiser on Saturday, Mar. 28th from 9 to 11:30 a.m. Choice of pancakes and sausage or country biscuits and sausages, fruit cup and coffee for \$1.50. Also baked goods. Tickets are on sale now. Call 526-0124 or 234-7447.

Community Center

Mondays, 6 to 9 p.m. at El Cerrito Community Center, 7007 Moeser Lane. Program: first week, business and bingo; second week, cards and games; third week, potluck; fourth week, cards and games. If there is a fifth week, special programs.

For information, 525-6747.

Senior Citizens Club

The Senior Citizens Club meets Thursdays, 5 to 9 p.m. on St. John's Catacombs Hall, Gladys and Lexington Streets.

First Thursday of the month, business meeting and cards; second, bingo; third, birthday observances; fourth, potluck and cards; fifth Thursday, special programs. For further information call 526-7462.

Sakura-Kai Center

Activities for Japanese-speaking senior citizens, first and third Saturdays, 1 p.m. to 3 p.m. behind library, 8510 Stockton Ave.; arts, crafts, exercises, ceramics, "Shigin" (Japanese poetry singing) and social services available. For more information, call William Waki, 525-0866.

Kensington

Kensington Senior Activity Center, 9:30 a.m. to 2:30 p.m. every Thursday at 52 Arlington Ave., offers workshops in crafts, table games and bridge to senior citizens with special programs at 1 a.m.

The first Thursday of the month is a potluck lunch for \$1.50. For the rest of the month, bring a bag lunch. Coffee and dessert are available for 35 cents.

From 9 to 11 a.m., there will be crafts, conversation and coffee, featuring leather work with Marguerite Rule.

The meditation group meets from 10:30 to 11 a.m. On Thursdays, Feb. 26, Araks Aghazian presents a classical piano program. \$75 donation.

Caring Circle

Art and literature group meets each Tuesday from 9:30 a.m. until noon in the Fireside Room of the First Unitarian Church, 1 Lawson Road, Kensington. On the second and fourth Tuesday of each month there is a noon luncheon with the Caring Circle. For information call Barbara Smith, 527-5381, or Judy Fabry, 526-5626.

Dance class for workers

A new movement and exercise class for men and women is being offered at the Berkeley/Richmond Jewish Community Center, 443 Addison St., Berkeley, from 5:30-6:45 p.m. Mondays.

The class is intended especially for working people, and includes gentle movement, relaxation and stretches for better alignment and flexibility.

The instructor, Jacob Pichery, is former dance coordinator for the Oakland JCC, and has studied Erik Hawkins technique, improvisation and South Indian classical dance, and performs with Ruach Creative Dance Group.

The first class is free. Thereafter it is \$15 for five classes for center members, and \$20 for non-members. Begin any Monday, wearing or bringing loose clothes, and a blanket. For information call the center at 848-0237.

Child care for disabled

BANANAS Child Care Information and Referral Service is offering a series of training workshops for day care providers interested in including disabled children in their day care settings.

The workshops will be held on six Saturdays between February and June beginning Feb. 28. Topics and dates of the workshops are:

Feb. 28, Attitudes Toward Disabilities; Mar. 14, Parent-Provider Communication; and Mar. 28, How to Fit a Disabled Child Into your Program.
The Apr. 25 topic is Infant Stimulation Techniques; May 9, Behavior and Discipline; and June 13, Safety and First Aid.

All classes will be held at BANANAS Housing Office, 6421 Telegraph Avenue, 9:30 to 12:30 p.m. Credit is available through Merritt College.

Churches

(Continued from Page 8)

and 22:26. The service will conclude with the observance of the Lord's Supper.

Today's prayer and Bible fellowship meets at 10:30 a.m. The study of 1 John continues with special attention to 3:19 to 4:6.

On Thursday at 7 p.m. there will be a devotional, half-hour followed by the rehearsal of the senior choir. The church is located at 1319 Solano Ave., Albany.

EL CERRITO

Bay Area Seventh Day Baptist Church

The church with the Rev. Stephan Saunders, pastor, welcomes the public to attend church services held every Saturday in the chapel of the Methodist Church at 6830 Stockton Ave., El Cerrito.

Church service is at 10:30 a.m., Sabbath school at 11:40.

The public also is invited to attend a potluck lunch held every Sabbath immediately following Sabbath school.

Northminster Presbyterian Church

The church holds its worship service at 10:30 a.m. Sunday school begins at 10:45; children are encouraged to attend the first part of the service with their parents. Child care is provided.

This Sunday, March 1, Tom and Freida Conkle will lead the Sunday school class; there will be a showing of the film "Ghost Ranch; the Magic Place;" and Rene Le Tourneau will provide music.

The church is located at 545 Ashbury Ave., El Cerrito. Phone 524-4401.

St. Patrick's Episcopal Church

On Saturday, Feb. 28, Father Clay Morris will lead a music workshop at the church from 10 a.m. to 3 p.m. Brown bag lunch. The program will discuss liturgy and music and will be oriented to non-musicians as well as musicians and include new settings for the service music of the new prayer book. Father Morris is assistant rector and organist-choirmaster of St. Paul's, Oakland.

The regular Sunday morning service is at 9:30 a.m. with fellowship and classes following.

The church is located at the corner of Potrero and Everett in El Cerrito.

EAST BAY

Calvary Presbyterian Church

Judge Spurgeon Avakian will speak on "Law, Business Ethics and Christianity" at the church on Sunday mornings, 10 a.m., March 1 and March 8. The public is invited.

ness Ethics and Christianity" at the church on Sunday mornings, 10 a.m., March 1 and March 8. The public is invited.

Avakian has been judge of the Alameda County Superior Court since 1964. He is a well-known lecturer, arbitrator and author of articles in various legal periodicals. He is the first recipient of the Trial Judge of the Year award of the Lawyers Club of Alameda County, 1980.

He has been active in local, area and national levels in the United Presbyterian Church of the United States of America, including terms as moderator of San Francisco Presbytery, chairman of the trustees of the Synod of California, chairman of the general council of Synod of California, and member of the National Permanent Judicial Commission of the Church.

Seminars are held regularly on Sunday mornings at 10 a.m. before the 11 a.m. worship service.

The church is located at 1940 Virginia St., Berkeley.

North Congregational Church

The study topic for the adult study seminar this Sunday will be "Ezekiel — Prophet of Vision." The group, which meets at 9:30 a.m. in the Babcock Room, is working with the church's minister, the Rev. Robert Graham, to discover the relevance of the teachings of the Old Testament for today.

For Sunday's 11 a.m. worship service the minister's message will be "The Beatitudes No. 4 — The Quest For Quality" based on Matthew 5:6.

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Albany, Berkeley authors to benefit private school

Crestmont School will hold its ninth annual "Authors' Night and Book Sale" on Saturday, Feb. 28, 7:30 p.m., at the school, 6226 Arlington Blvd., Richmond. Bay Area authors will be present to talk about their books; refreshments and food will be served. Tickets will make guests eligible

for door prizes, including a valuable hand-sewn quilt made by the children, parents, and teachers at Crestmont, along with gifts and certificates from area businesses. As in past years, the Kammeroque Trio of Point Richmond will provide music.

Albany author Chelsea Quinn Yarbro will be present to discuss her books, which range in subject from science-fiction, suspense, and the occult, to her famous series of "historical-horror" novels featuring the vampire, Saint-Germain. She also has written the novelization of the

movie, "Dead and Buried." Yarbro has worked as the manager and playwright for a children's theatre company, as a counsellor for mentally disturbed children, as a statistical demographic cartographer, as a tarot and palm reader, and as a vocal coach. She now devotes full

time to her writing and to composing. Also present will be Berkeley's Robert and Daniel San Souci, who are, respectively, author and illustrator of a new children's book, "The Song of Sedna, Sea-Goddess of the North," which is an adaption of traditional Eskimo myths.

Their earlier book, "The Legend of Scarface: A Blackfeet Indian Tale," was chosen as one of the 10 best illustrated children's books of 1978, by the New York Times. Robert San Souci also is author of adult works of fiction soon to appear, while Daniel San Souci has a number of ad-

ditional credits as a book illustrator. The evening also will feature Berkeley's Edwin Bernbaum, who wrote "The Way to Shambhala," Bernbaum resided for several years in the Peace Corps in Tibet, where he heard stories of a legendary valley hidden among the snowy peaks of Mount Everest. Crestmont is a private

alternative school, serving Contra Costa and Alameda counties. All proceeds from the evening go to the school's scholarship and grant fund. Tickets are available at Ben Franklin Books, 1600 Solano Ave., Albany, and can be obtained by calling the school at 237-4164. A donation of \$1 in advance is \$1.50 at the door is requested. Donations of any amount are tax-deductible.

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TIMES
JOURNAL

Section two



Bill McQuiston and his Gizmo

—Times Journal photo by James Pesse

The Gizmo, an invention that's headed for the trash

By JON ROCHMIS

ALBANY—Bill McQuiston is at it again. Or, at least he'd like to be.

You remember McQuiston. He's the affable real estate broker and part-time tinkerer who a few months ago was awarded a patent for a collapsible container—which, he's convinced, should revolutionize the transport and shipping industry.

Now, the Albany-Berkeley realtor believes he has the perfect solution for people whose garbage cans have become fast-food joints for raccoons, skunks, deer and other animals of the night.

Trouble is, nobody seems interested. Either that, McQuiston said, or all the animals in the Berkeley hills are home as their sole hangout.

"Maybe I'm the only one with this problem. There's a convention outside my house every night," McQuiston said. "It's a great idea, and it really works. I tried selling it, but now I've decided to give it away."

McQuiston placed advertisements measuring one column by three inches in *The Independent & Gazette* and *The Daily Californian*. Bears, Lions, Raccoons getting into your garbage? The ad read: "You need a Gizmo! Only \$1.00."

"And the ads were in good locations, too," McQuiston said. "But you know how many calls I got? Not a single one."

So McQuiston, who is as altruistic as he is publicity-hungry, decided to give it away. And he has the endorsement of his trash collector, Charles Fortune, as proof that the Gizmo works.

"He wishes everybody knew about it," McQuiston said. "The Berkeley collectors are the best group I know. Where's loose garbage on the ground, they'll pick it up even though they're not supposed to, because supposedly it takes too much time."

"But if everybody had a Gizmo," he added, "they wouldn't have to pick up loose garbage."

The idea is incredibly simple ("I have a simple idea, so I find simple solutions," he has said), and materials cost less than 60 cents. A power drill with a quarter-inch or three-eighths inch drilling bit is also required, said McQuiston said if an interested person does not own a drill, he will either provide one or do the work himself.

He's taken on the idea.

The Gizmo works this way: Take your garbage can (plastic) and drill down at a 45-degree angle, just above the head of the lid. Take two lag bolts, or two screw eye bolts—which cost about a quarter— and screw them in.

The can is now pest-free, although McQuiston recommends that a piece of cord be tied to the bolt and the garbage can handle on both sides so the bolts cannot be pulled. "It works because the threads catch on the lid," he said.

McQuiston also suggested that the screws be taken

off the night before the trash collectors come to facilitate emptying of the can. "You absolutely cannot take the lid off with the screws in," he said. "But Mr. Fortune assured me it would be no problem for him to unscrew it."

Necessity, of course, is the mother of invention. That explains how McQuiston came up with his idea. "I had a hell of a time (with animals invading his cans) for 20 out of 30 days in August," he said. "So I began tinkering and this is what I came up with. I wound up spending \$250 developing the idea."

McQuiston tried patenting the Gizmo, "But I was laughed out of the patent office in Los Angeles," he said. "You can't really patent an idea if all the parts have already been patented, like a garbage can and screw eye bolts."

But McQuiston has a patent pending on a similar idea which uses his own style of can and animal-proof gadgets. "But if that idea ever gets marketed," he said, "it'll cost people a hell of a lot more to buy than it would for them to just use the Gizmo."

McQuiston said he thought the Gizmo failed because "People don't believe you can get something for nothing," he said. "I also made the mistake of not tying my name on my collapsible container into it, but I don't care."

"The way I feel now, I'd just as soon give it away."

For a more detailed description of the Gizmo call McQuiston at 848-1655, 527-9500, or write to McQuiston at 1664 Shattuck Ave., Berkeley, 94709.

After school classes given

The Richmond YMCA-YWCA, located at 3230 Macdonald Ave., will be offering a place for children ages 7-12 years to gather from 3:30 p.m. to 5 p.m. Mondays through Friday. Sports and arts and crafts sessions will be available. For information call 234-1270.

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Staying healthy

Short subjects

- If you have a case of bad breath that's more than too much garlic, have your teeth and mouth professionally examined. If the problem is still unexplained, look further. Bad breath is a symptom, not a disease in itself. Imbalances in body chemistry like diabetes or liver disease can cause halitosis no mouthwash can cure.
- A mild stomach upset can often be relieved by just not eating food for a few hours, loosening clothing or lying down on the right side of the body. The last works because it allows gravity to move the food out of the stomach and into the intestine.

- Heart bypass surgery no longer means a life without work. Scientists say that the patient can return to work after surgery, although it may take a while. Even manual laborers may be able to resume their occupation after three to six months.
- Should a heavy meal be followed by rest or exercise? Studies show that moderate exercise is helpful but uncomfortably vigorous exercise interferes with digestion. Taking a walk after eating is an aid to digestion.

- Scientists and their computer techniques have identified what surely must be a common brain signal—the nonsense blip, emitted when the brain perceives an assault upon principles of logic. Monitoring the brain blips should prove useful in treating brain disfunctions, strokes and learning disabilities. Meanwhile, the idea boggles the mind.
- Rescue breathing is essential for those who enjoy watery sports. Here's how it's done. 1) Put the victim on his back. 2) Place one hand under his neck and pull up, the other hand on his forehead and push down. This will cock his head in a chin-high, open-mouth position. 3) Quickly remove any foreign matter blocking mouth. 4) Pinch his nostrils together to prevent air from escaping. 5) Place your mouth firmly

over his mouth and blow until his chest rises. 6) Stop blowing, remove your mouth, and let the air come out. 7) Repeat the process, blowing once every five seconds for an adult, or every three seconds for a child. Keep repeating until natural breathing returns or professional help arrives. Do not give up!

- Burning cigarettes may also burn stomachs. Some smokers complain of burning pain in the pit of the stomach or cramps of the stomach or intestinal area. Many find the pain disappears when the cigarettes do.
- The total energy cost of pregnancy is estimated to be 75,000 calories, or an additional requirement of 300 per day. A weight gain of 22-25 pounds is considered desirable.
- Women are twice as likely to develop gallstones as men. Among women, nine percent will have gallstones by age 40, 15 percent by age 50 and 24 percent by age 60.

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When a city makes improvements that benefit only certain property owners but not all, special assessments are charged those property owners to pay for the improvements. Examples would be things like installing a sewer or water system or paving the streets. A single charge might be prohibitive so special assessments are usually payable over a period of several years.

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Fighting the common cold with folk medicine

By PATRICK KEEFFE

Long before the advent of timed-release capsules, antihistamines, and nasal sprays, people battled the common cold with folk medicine.

Remember your grandparents telling you about sweating under mounds of blankets with hot water bottles? Or drinking whiskey and honey? Most folk remedies attacked the symptoms of the cold, easing the discomfort. Because the colds went away, however, people ascribed curative powers to their own special concoctions. It is this self-limiting feature of the common cold — that it will go away whether the victim takes or stops taking the "cure" — that has encouraged the proliferation of cold remedies for the past 2,000 years.

Colds may disappear all by themselves. But folk medicine remedies, when analyzed, sometimes were based on sound applications of chemistry and physiology. In 17th century England, for example, your doctor would have prescribed a syrup of garlic and brown sugar candy to treat "coryza" — that era's name for the common cold.

Garlic oil effectively unites with virus material, inactivating it. In fact, the whole onion family — the aromatics — have been found extremely useful in folk medicine, and still are used widely today. And what of the brown sugar? Most cough drops and cough syrups contain sugar, which soothes irritated throat linings.

The ancient Chinese used a plant with the colloquial name of "horse tail" as one of their chemical remedies. Cold victims breathed the plant's vapors, which contain ephedrine, a decongestant in many modern nasal sprays. Ephedrine dilates swollen nasal membranes, facilitating blood flow.

Like the British use of garlic, the Portuguese treated colds with onions. The power of the raw onion comes from its aldehydes, a class of compounds that is naturally antiseptic.

In colonial America, people cleaned their nostrils with ocean water. Today, salt water is still recommended for sore throats, and has been used in antiseptic solutions for centuries.

Why did people use certain substances to treat colds? How did they know which ones would work and why?

Prof. Margaret Lock, a medical anthropologist at UC Berkeley says, "You'll never get an answer about the origins of folk medicine. There are no answers. It's an empirical body of knowledge developed by trial and error. Remedies were passed orally from one generation to the next for thousands of years."

"When people got sick, they turned to the only thing available to them — plants. Garlic, for example, is a very ritualistic plant in some cultures. It's an aromatic and said to have magical properties because of its scent and its shape."

"Some plants work adequately on the chemical level to cure illnesses. Some are merely ritualistic. Many of these cures still work today; others are simply a lot of garbage."

Old-fashioned temperature-related remedies were more complicated than chemical treatments and, sometimes, not much fun.

The French placed heated glass cups on the sufferer's back and chest, hoping to clear up congestion. Hot baths, which are less masochistic, dilated the skin's blood vessels, increasing the blood flow through them and reducing congestion and stiffness. Many medical scientists see

artificially-induced "fever" — which may shorten infection — as a friend, rather than a foe, in effecting a treatment.

There were cold-temperature methods, too. Some people slept outside on their porches, hoping to build up their resistance to cold viruses. Others took cold baths.

Remedies based on superstition or primitive religious beliefs defy logical explanation. Some South American Indian tribes threatened the spirits of their colds by running at them, brandishing their weapons. In New Guinea, some natives painted their shields with the images of their ancestors' spirits to drive away their viral enemies.

To immunize their newborn against all sickness, the Chinese stained the foreheads of their children with vermilion pigment on the fifth day of the fifth month of life. They also baked "medicated cakes," which reputedly cured most diseases.

The Cornish panacea for diseases was to drink water in which they had washed flint arrowheads. In Staffordshire, England, a general remedy for illnesses was to hang an empty bottle in the chimney. In Ireland, on the Ulster coast, people used to wear pebbles of hard chalk to ward off sicknesses.

All folk medicine is the product of a serious pursuit — the alleviation of discomfort and pain. But, despite centuries of this search for the elusive "perfect" cure, the common cold remains one of the most incurable and, at the same time, successfully "treated" diseases known.

Many folk medicine remedies are fascinating because they seem eccentric to space-age humans whose cures are sold to them in clear-plastic containers, or injected into their bodies by specialists at clinics or medical centers, away from the warmth of the family hearth. In the heyday of home remedies, the preparation itself was a ritual and the "cure" occupied not only the sufferer, but his or her family and friends.

Witness this rather exotic procedure suggested in an 1851 book of American Indian cures, *The Indian Vegetable Family Instructor*, by Pierpoint F. Bowker:

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When we have taken a very hard cold, and are of a very feverish disposition, with catarrh in the head, falling into the throat, it is very good to take a steam hemlock sweat.

For this purpose get and break up hemlock boughs, and boil them. Heat two or three pieces of brick or stone, or have them heating. Some of the hemlock liquor should be put into a tin pan, but not so very hot but what you can stand in it.

Let the one to be sweated strip entirely in the bedroom, and put a large quilt or the like around him. Then walk deliberately and take the stand in the tin pan. Then put the quilt right over your head, and let it be full around you. The kettle or pail of hemlock preparation should be set as close as may be to the tin pan. The shroud about the person should include both the kettle and pan.

The hot bricks then can be thrown into the kettle at the patient's pleasure to make the sweat start and even run.

Thus, getting sick and being cured, or at least

treated, was more of a personal, communal folk medicine. Medical researchers are putting more value in "support systems" — the intangibles like sympathy and attention that help people get better. Undeniably, such support played a larger role in earlier times, before we started relying on bioflavonoids — a general compounds derived from citrus fruits — and decongestants for relief.

Despite the chemical wizardry of 20th-century medicine, Americans have not progressed very far from salt water and hemlock sweat; in fact, it seems to have been lost.

Just after the turn of the century, the *Encyclopaedia Britannica* began recommending plenty of hot staying warm, and taking hot baths. Only about last 70 years have Americans altered their ritual. We've added aspirin to the *Britannica*.

This article was first published in 1977 in "The prototype for 'Science 81,' a magazine published by the American Association for the Advancement of Science."

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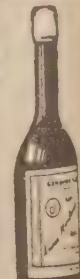
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Bowling

ALBANY—Chris Wu and 241 game and 660 pins and Dan Blades and him with 617 and 618 pins took over the 915 Major League in Albany Bowl by winning Liberator's 2 to 2 position round match. He had all three games and finished out the match with 216 game. He lost dropped Liberator's second place, just points ahead of the others, who took an 18 to 10 decision over Monsters in the help of Al Friis' game and 634 series.

Liberal's, who challenged Knights for the first title, moved up to second place with a 19 to 6 decision over Gophers, and Bowling Supply Centered Space Room 20

the Olympic Savings Bank's league the Albany All Stars. Albany increased its already first place margin sweeping past Association Amateurs 21 to 10. Albany's 542 series and Anita Cemel contributed 338 as the All Stars' lead over second place Rich Allman Band to 19 points.

Albany's 585 club helped D & M Body Shop away at Team Seven's place advantage in the Commercial League by a 15-10 win that pulled Albany Shoppers within points of the top.

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Rich George 195-51, Dave Bower 211-534; Marcell Buller 190-509; LADIES: SCOTCH: Lynne Palmer, 180-500; Eleanora Brasel, 176-486; Sue McReynolds, 187-472; FRIATELANZA TRIO: Dorothy Pella, 176-502; Flora Muzo, 187-472; Jenny Rinaldi, 176-448; 269-448; 176-442; CHARLES L. JOHNSON MEMORIAL: Curtis McGraw, 182-523; Jose Ramigio, 180-501; Madelon Law, 180-457; SATURDAY SWINGERS: Jack Jordan, 193-550; Paul Finley, 190-517; ALBANY TRAVELERS: Ray Miles, 203-555; Chris Linn, 210-540; Bob Mann, 197-528; Marlene McDermott, 181-513; PLAZA MIXERS: Bob Hestley, 202-531; Ken Umberger, 184-526; Dave Freeman, 184-521; Abe Sadaga, 185-517; Leonard Miles, 182-515.

Recent league results from Golden Gate Lanes

SENIOR CITIZENS: John Ross 221-541, Tom Braun 209-405, Jim Kane 208-500, Walter Ragner 194-509, Joe Rodriguez 178-505; Rusty Kynyon 191-515, Marc Beass 180-527; Elmer Gilchrist, 189-529; Steve Trishen 191-528, Al Falcone 203-523, Sid Karris 189-529-577, Bill Lanten 180-519; **SUN-DOWNERS:** Herb Vranomies 211-597, Roy Maehler 235-618, Gene Anderson 245-089, Jim Ramsey 223-588, Dave Donatelli 214-586, Carol Woodrow 183-515; **CONTRA COSTA:** Larry Brooks 182-511, Fad Snell 207-566, Betty Badi 190-501, Arlene Kimble 170-500; **MONDAY NISER:** Roger Gee 237-822, Rich Shmida 215-516, Dennis Makshy 216-515, Del Lee 235-645, Keith Nash 202-557, Ron Ashida 184-557, Jura Uburugi 203-581, Leanne Gee 187-500, Debbie Doan 215-629, Joanne Makshy LUCKY 13, John Cooper 228-584, Tom Broome 231-570, Babe Furman 201-545, Anita Harris 200-535, Ellen Hall 205-533, Paula Broome 190-519, Rita Lendage 189-534, Anita Harris 200-535; **GOLDEN GATE 5-8:** Robert Archuleta 224-585, Jeff Robinson 222-592, Ervin Motley 205-606, Billy Fortune 225-616, Bob Walker 208-548, Pat Robert 210-511, Janet Roque 189-529, T.G. Warren 215-619, Wayne Sanders 247-623, Chas Forehand 209-580, Ray Lopez 223-664, Bob Williams 217-614, Shaun Conright 225-611, Wendell Jones 222-592, Juan Williams 201-544, Sherry Jones 171-506, Carolyn Wayne 207-583, Triviana Taylor 232-522; **FRIDAY 8-30 CLASSIC:** April 214-551, Rosemary Miller 181-514, Betty McArthur 215-545, Pat Mank's 184-557, Gary Garcia 244-570; **NEVADA TOWNS:** Jerry Southernland 238-587, Herb Fredrich 238-573, Cliff Broome 247-628, Kathie Harris 205-580, Pat Holmes 247-588, Alexandra Harris 213-552, Ann O'Neil 224-535, Paula

Broome 235-619, Lulu Hilton 196-538; **CABIN OF CHIPS:** Betty Randall 184-554, Rita Greer 180-480; **NISER 7-48 CLASSIC:** Yosh Aoyagi 219-677, Al Hamun 219-638, Roy Kodakian 221-626, Rich Takahashi 212-605; **JONES LADIES CLASSIC:** Li Owen 201-515, Li To Leneh 214-553, Alton Stachek 200-553; **Sons Can 204-532:** Margie Collins 204-528, Theresa Waseur 188-527; **HIGH LIFE:** Jonathan Lee 224-921, Maureen Mims 219-544; **Jamila Cooper 183-423 AFTER FIVE 5-8:** Bob Blank 207-587, Ron Balas 225-584, Claude Davis 214-600, Paula Chiala 180-505; **BERKELEY MUNI:** Larry Belote 204-602, Tony Keith 220-588, Doris Swamy 175-518, Thomas Repas 201-516; **NISER Jr. CLASSIC:** Dennis Chin 235-611, Fred Caspido 244-659, Paul Olagun 249-547, Mape Shimada 234-6512; **Yoshi Amato 235-590 TARA HILLS:** Scott Don 207-464, Steve Guzman 221-616, Lee Brown 214-609, Anita Reynolds 180-536; **RICHMOND TELCO:** Alice Gaylor 188-519, Bob Lee 238-642, Rod Haysen 244-626, Bill Sharp 216-618; **MIXED UP 5-8:** Jim Tharpe 211-602, Vern Reeves 188-569, Carmen Valenzuela 181-516, Denise Wheel 192-516; **NISER LADIES:** Robin Summerton 190-537, Elaine Ishida 189-505, June Ursprung 179-509; **HOUSEWIVES:** Alberta Stoudemire 202-589, Mary Ann 201-544, EARLY ALLEY 181-516, Denise Wheel 192-516; **THE METRON 181-516:** Donna Bothe 206-554; **GUY'S & DOLLS:** Ray Williams 204-545, Pamela H. Iard 210-608; **Charles Abma 211-593 CER-RITO CITY:** Jane Newman 3-7-16; **ALLEY KATHLEEN 244-603:** Jani Langer 76-495; **STAUER'S CHAMBERS:** Parrel Howard 126-424, Carl 189-505, June Ursprung 179-509; **QUEEN'S BEES:** Joseph Boyd 176-508, Ron Maehler 199-497, Casey Emmott 203-572, Wayne Yorky 183-497.

E.C. Gators swim in Alameda AAU meet

EL CERRITO — Nineteen members of the El Cerrito Gator swim team competed recently in an AAU meet at Harbor Bay Isle in Alameda.

The following swimmers received awards in their events.

| | age | event | swimmer | place | time |
|-------|-----------|-----------------|--------------------|------------|------------|
| | 8-11 | 25m Free | Catherine McDonald | 5 | 21.4sec |
| | 13-14 | 50m Breast | Catherine McDonald | 4 | 58.94sec |
| | | 100m Free | Ruth Bapst | 8 | 1:13.02sec |
| | | 500m Free | Ruth Bapst | 2 | 5:31.42sec |
| 15-18 | 100m Fly | Na Nue Thornton | 7 | 1.49.75sec | |
| | 100m Back | Na Nue Thornton | 8 | 1.40.07sec | |
| | 200m IM | Na Nue Thornton | 6 | 3.35.25sec | |
| | 100m Free | Na Nue Thornton | 7 | 1.28.08sec | |
| Boys | 8-11 | 50m Back | Kris Kaiman | 5 | 57.77sec |
| | 8-11 | 25m Free | Kris Kaiman | 4 | 19.64sec |
| | | 100m IM | Kris Kaiman | 7 | 1.58.12sec |
| | | 50m Breast | Kris Kaiman | 8 | 59.89sec |
| | 11-12 | 500m Free | Rock Bapst | 2 | 5.31.42sec |
| | 13-14 | 100m Fly | Rock Bapst | 2 | 1.22.31sec |
| | | 100m Free | David Avelar | 1 | 2.54.47sec |
| | 13-14 | 200m Back | David Avelar | 1 | 2.10.61sec |
| | | 100m Free | David Avelar | 5 | 5.48.32sec |
| | | 200m IM | David Avelar | 4 | 2.54.82sec |
| | | 100m Breast | David Avelar | 6 | 1.53.12sec |

Other swimmers participating in the 2-day Alameda meet were: Miriam Abukidair, Jana Ballinger, Kip Bapst, Selena Dong, Jennifer and Karen Goode, Tim Kaiman, Kathleen Large, Becky Moore, Carina Pastor, Jill Rodgers and Christine Schultz.

Chorale plays French music

KENSINGTON — The Contra Costa Chorale and orchestra, under the direction of Paul Perry, present an evening of French choral music, featuring the Requiem by Maurice Durufle and Gabriel Faure, on Sunday, Mar. 1st at the First Unitarian

Church in Kensington.

Performance time is 8 p.m. and a \$5 donation (\$4 for seniors and students) is requested at the door. Soloists are Marian Marsh, soprano; Miriam Abramovitch, mezzo; and Robert Klang, baritone.

Getting down to business



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NEW BUSINESS — Charles Hahn, left, of the El Cerrito Chamber of Commerce, looks over some Mason McDuffie Co sales materials with Ardis Aarstad, Mason McDuffie's top 1980 producer,

and branch manager Henry Taylor. The chamber recently welcomed Mason McDuffie to the local business community, when the firm opened a new office in El Cerrito at 10240 San Pablo Ave.



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INSTANT COFFEE Folger's 6-oz. Jar \$2.79
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Orchestra plans winter concert

ALBANY — The Albany School Orchestra will present its 25th annual formal winter concert on Monday evening, February 23. The free program begins at 8 p.m. in the multipurpose room at the Albany Elementary School.

Under the direction of Paul Douglas, the orchestra will perform the score to Mozart's "Don Giovanni," a chamber suite for major for strings by Beethoven, the Finale from the Eighth Symphony, four movements from Bach Third Suite for cello, oboe and trumpet, and the "Carmen No. 2" by Bizet.

Albany High School seniors will be playing in their last formal concert and will receive special recognition. Soloists are Stanley Chin, clarinet; violinists Dan Compton and Anne Bellinger; violists John Thomsen; cellist John Tamasaha; clarinet John Yi and Anna Yi; and trumpet player John Grandy, Chris Patti and Peter Rios.

The Albany High School Orchestra is one of the oldest high school musical organizations in the Bay Area, having begun its activities in 1934. It is also one of the last remaining orchestras at a small school in the state. Albany Orchestra graduates are currently employed by the San Francisco and Oakland Symphonies, as well as the San Francisco Opera. The orchestra has been its constant since 1952.

Following the program, Albany Band Boosters will give a short reception for orchestra members and guests.

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\$1.49

SAFEGWAY COUPON
with this coupon
50¢ OFF
COLOR PHOTO ENLARGEMENTS
Bring this coupon when you pick up your color enlargements.
Limit 1 use. Coupon is good only on Safeway Photo Enlargements. Valid in areas noted below. Offer expires March 2, 1981.

Thompson Seedless Grapes
A Tasty Treat
lb. **88¢**

Fresh Broccoli
Great with Cheese Sauce
bunch **49¢**

Head Lettuce
California Iceberg
each **35¢**

Jumbo Artichokes
Extra Large Size, A California Favorite
each **89¢**

Sunkist Lemons
Zesty Flavor
each **10¢**

Zucchini Squash
Delicious So Many Ways
lb. **49¢**

Large Celery
24 Size, Crisp & Snappy, A Dieter's Delight
each **35¢**

Bunch Spinach
Great in Salads or Cooked
4 **\$1**

Rod's Dressings Roquefort or Blue Cheese, Available in the Produce Dept., 12 oz.

Scotch Buy Apple Sauce
Canned, 16 Ounces
3 for **\$1**

Edwards Coffee
2 Pound Can
Save 20%
\$4.29

Bel-air Dinners
Frozen, 11 Ounces
Save 20%
69¢

Hamburger Buns
Mrs. Wright's, Regular, 13.5 oz. (Sesame, 13.5 oz. 59¢)
(Hot Dog Buns, Mrs. Wright's, 11 oz., 55¢)
55¢

Homestyle Bread
Butter Top, Mrs. Wright's Loaf
Save 20%
75¢

Duncan Hines
Brownie Mix, 23 Ounces
Save 22%
\$1.47

Longhorn Cheese
Best Buy, Halfmoon, Per lb.
\$2.49

| | | |
|-------------------------|------------------------------------|-----------|
| Green Giant | Niblets Corn, 7 Ounces | 3 for \$1 |
| Hawaiian Bread | Kings, 16 Ounces | \$1.29 |
| Large AA Eggs | Lucerne, Dozen (Price Per lb. 60¢) | 90¢ |
| Crispy Cereal | Wheats and Raisins, 18 Ounces | \$1.29 |
| Motts Applesauce | 25 Ounces | 79¢ |

Items and prices in this ad are available February 25, 1981 thru March 3, 1981 at all Safeway Stores listed below. Sales in retail quantities only.

There's A SAFEGWAY Near You!

Berkeley

• 2020 Oregon Street
• 1444 Shattuck Place

San Pablo

(L) 13222 San Pablo Avenue
(L) 100 El Portal Center

Albany

(L) 1500 Solano Avenue

El Cerrito

(L) 10636 San Pablo Avenue

Richmond

(L) 4925 MacDonald Avenue

(L) These Safeways Have A Liquor Department

FIGHTERS!



TO HELP YOU CRUSH INFLATION!

USDA A GRADE

Manor House Whole Fryers
USDA Grade A

lb. **59¢**

USDA CHOICE

Boneless Top Round Steak
Safeway USDA Choice Grade Beef

Tip Roast, lb. \$2.58

lb. **\$2.48**

Ground Chuck
Made Exclusively from Beef Chuck, Does Not Exceed 26% Fat

Ground Round, lb. \$2.29

lb. **\$1.69**

USDA CHOICE

Boneless Top Sirloin Steak
Safeway USDA Choice Grade Beef

London Broil, lb. \$2.88

lb. **\$2.88**

Pork Sausage Links
Farmer John, Fresh, Skinless (Safeway, Frozen, 8 oz. 59¢)

8-oz. **59¢**

Jimmy Dean Sausage
Pork, Regular or Hot (Taco Filling, 1-lb. \$1.59)

12-oz. **\$1.59**

Dubuque Oval Royal Buffet CANNED HAM
3-lb. **\$5.99**

Armour Star Bacon
Sliced (Thick Sliced, 2-lb. \$3.15)

1-lb. **\$1.58**

Armour Star Turkeys
Broth Basted, Hen or Tom, Frozen, USDA Grade A

lb. **79¢**

PORK SPECIALS

Pork Spareribs Frozen Fresh Thawed lb. \$1.29

Leg Roast Fresh Pork, Shank Portion lb. \$1.19

Leg Roast Fresh Pork, Butt Portion lb. \$1.39

Bacon Ends & Pieces lb. 88¢

Sliced Bacon Platter Style lb. \$1.59

Smoked Picnics Hickory, Water Added lb. 98¢

BEEF SPECIALS

Strip Steak New York, Safeway USDA Choice Grade Beef Loin lb. \$4.59

Fillet Mignon Safeway USDA Choice Grade Beef Loin lb. \$4.99

Rib Eye Steak Boneless, Safeway USDA Choice Grade Beef lb. \$4.99

Chuck Roast Boneless, Under Blade, Safeway USDA Choice Grade Beef lb. \$2.19

Rib Steak Small End, Safeway USDA Choice Grade Beef or Bottom Round lb. \$2.99

Boneless Rump USDA Choice Grade Beef lb. \$2.29

Corn Tortillas
La Tolteca Brand (Flour, 12-oz. 59¢)

14-oz. **44¢**

Turkey Drumsticks
Jennie-O Brand, Frozen Fresh Thawed

lb. **59¢**

Saffola Margarine
1-lb. (Empress Vegetable Oil Margarine, 1-lb. 63¢)

69¢

Cream of Mushroom Soup
Town House, 10.5 oz.

3 for **89¢**

Joy Liquid Detergent
22 oz., 13¢ OFF LABEL (White Magic, 22 oz. 89¢)

99¢

SEAFOOD SPECIALS

Perch Fillets Captain's Choice, Frozen 1-lb. \$1.77

Fishsticks Captain's Choice, Precooked, Frozen 8-oz. 79¢

Fish Portions Captain's Choice, Better Fried, Frozen 12-oz. \$1.59

Sole Fillets Precooked, Frozen Fresh Thawed lb. \$2.28

Cod Fillets Captain's Choice, Precooked, Frozen Fresh Thawed lb. \$1.99

Fish Cakes Precooked, Frozen Fresh Thawed lb. 88¢

LUNCHEON MEATS

Braunschweiger Stick, Safeway lb. \$1.08

Chicken Bologna Manor House, Sliced 12-oz. 88¢

Turkey Bologna Manor House, Sliced 12-oz. 88¢

Meat Franks Safeway, Skinless 1-lb. \$1.29

Meat Bologna Safeway, Sliced, Thick or Regular 12-oz. \$1.39

Beef Bologna Safeway, Sliced 12-oz. \$1.44

C & C Cola
Regular or Diet, 2 liter Bottle

Save 18¢ each

89¢

Laura Scudder's
Tortilla Chips, 7 Ounces

89¢

Joyett Ice Cream
Imitation, Half Gallon (Lucerne, Gourmet, 1/2 Gallon, \$2.89)

Save 36¢ each

\$1.07

Dog Food
Blue Mountain, 15 Ounces

3 for **89¢**

Safeway Liquor, Wine & Beer Sale!

Gin or Vodka
Winner's Cup, 80 Proof, 1.75 liter

Save 80¢ each

\$6.49

Old Crow
Whiskey, 80 Proof, 1 liter

Save \$1.28 each

\$6.45

Carlo Rossi's
Wines, Chablis, Rhine, Burgundy, Vin Rose or Pink Chablis, 3 liters

\$3.39

San Miguel
Beer, Light, 6-12 oz. Bottles

Save \$1.40 each

\$2.99

Paul Masson
Wine, Emerald Dry Riesling or Rhine Castle, .75 liter

Save \$1.00 each

2 for \$5

Budweiser
Beer, 6-12 oz. Cans or Bottles

10% CASE DISCOUNT on all non-advertised Wines & Liquors. No sales in excess of 20 gallons. No sales for resale. At licensed stores only.

\$1.99

Mandarin Oranges Scotch Buy, 11 Ounces **55¢**

Lowfat Milk Lucerne, Gallon **\$1.79**

Nestle Quik 2 Pounds **\$2.89**

Non-fat Dry Milk Lucerne, Makes 20 Qts., 4 Pounds **\$6.27**

Pancake Mix Krusteaz, Complete, 2 Pounds **\$1.05**

USDA CHOICE

SAFEWAY QUALITY... USDA CHOICE BEEF

Every steak and roast cut at Safeway from beef is USDA Choice... this is your assurance of fine flavor and great eating!

Items and prices in this ad are available February 25, 1981 thru March 3, 1981 at all Safeway Stores listed on the other page.

Everything you want from a store
...and a little bit more!



SAFEWAY

PUBLIC NOTICE

NOTICE OF DEATH OF

RICHARD E. DAKE

A.K.A. RICHARD EMORY DAKE

A.K.A. RICHARD SKUSE DAKE

CASE NUMBER: 56485

SUPERIOR COURT OF CALIFORNIA,

COUNTY OF CONTRA COSTA

P.O. Box 911

Martinez, CA 94553

ESTATE OF

RICHARD E. DAKE

A.K.A. RICHARD EMORY DAKE

A.K.A. RICHARD SKUSE DAKE

DECEDENT

To all heirs, beneficiaries, creditors,

contingent creditors, and persons who

may be otherwise interested in the will

or estate of RICHARD E. DAKE, A.K.A. RICHARD EMORY DAKE, A.K.A. RICHARD SKUSE DAKE:

A petition has been filed by JEAN S. DAKE in the Superior Court of Contra

Costa County requesting that JEAN S. DAKE be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act.

A hearing on the petition will be held on February 28, 1981 at 9:00 A.M. in Dept. 14 located at Courthouse, Court & Main Streets, Martinez.

IF YOU OBJECT to the granting of the petition, you should either appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court or present it to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 700 of the California Probate Code. The time for filing claims will not expire prior to four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file a request with the court to receive special notice of the filing of the inventory of estate assets and of the petitions, accounts and reports described in Section 1200 of the California Probate Code.

Filed: Jan. 30, 1981

J. R. OLSSON,

County Clerk

By: G. TAMURA,

Deputy

Attorney for petitioner

RALPH E. HOPPER

1404 Franklin St., Suite #723

Oakland, CA 94612

(415) 451-4191

This notice was mailed on January 30, 1981 at Oakland, California.

J-1516—Feb. 11, 18, 25, 1981.

NOTICE

The Chairman of the Traffic & Safety

Commission has called a special meeting to be held on March 5, 1981, at 7:30 P.M., in the Conference Room, City Hall, 1000 San Pablo Avenue, Albany, to discuss:

1. Guards on Hillside between

Lafayette and Jackson.

2. Intersection safety Pierce Street at

Solano and Washington.

NOTE: THURSDAY, MARCH 5, 1981

is Jacqueline L. Bucholz,

JACQUELINE L. BUCHOLZ,

City Clerk

A-3336—February 25, 1981.

NOTICE OF TRUSTEE'S SALE

Loan No. 01606115-01

T.S. No. 22229-80

T. D. SERVICE COMPANY, a California

corporation, as Trustee under the following

deed of trust will sell at PUBLIC AUCTION

TO THE HIGHEST BIDDER FOR

CASH (payable at time of sale in lawful

tender of the United States dollar) all right

title and interest conveyed to and now

held by it under said Deed of Trust in the

property hereinafter described:

TRUSTOR: SAMUEL A. WINSTON,

JR. AND DELORES R. WINSTON, his

wife.

BENEFICIARY: FIRST ENTER-

PRISE BANK, Recorded August 25,

1978 as No. 78-117993 in book

8984, page 456 of Official Records in

the office of the Recorder of the County

of Contra Costa, said deed of trust de-

scribes the following property:

All that real property situated in the

City of El Cerrito, County of

Contra Costa, State of California,

described as follows:

Lot 1 and a portion of Lot 2 in

Block 42, as designated on the

Map of Richmond Junction

Highways, which Map was filed in the

Office of the Recorder of the County

of Contra Costa, State of California,

on June 2, 1913, in Volume 10

of Maps, at page 230, described as

follows:

BEGINNING on the northwest

line of Cutting Boulevard at the

most southerly corner of said Lot 2;

THENCE from said point of beginning

north 47° 20' 30" east along said

northwest line for 150 feet to

THENCE northeasterly along the

arc of a curve to the left with a radius

of 15 feet, tangent to said last

mentioned course, an arc distance

of 35.89 feet to the south line of

Hagen Boulevard, (formerly Rich-

mond Boulevard); THENCE north

89° 54' west along said south line,

96.69 feet to the northwest line of

said Lot 1; THENCE south 49° 22'

west along said northwest line and

along the northwest line of said Lot

2, 23.30 feet; THENCE southeasterly

in a direct line to the point of

beginning.

BETWEEN HAGEN BOULEVARD,

EL CERRITO, CALIFORNIA

("If a street address or common designation is shown above, no warranty is given as to its completeness or correctness.")

The beneficiary under said Deed of

Trust, by reason of a breach or default

in the obligations secured thereby,

heretofore executed and delivered to

the undersigned a written Declaration

of Default and Demand for Sale, and

written notice of breach and of election to

cause the undersigned to sell said prop-

erty to satisfy said obligations, and

thereafter the undersigned caused said

notice of breach and of election to be

Recorded October 29, 1980 as Instr.

No. 80-14586 in book 10065, page

110, of said Official Records.

Sale will be made, but without

covenant or warranty, express or im-

plied, regarding title, possession, or

encumbrances, to pay the remaining principal sum of the notes secured by said

Deed of Trust, with interest as in said

note provided, advances, if any, under

the terms of said Deed of Trust, fees,

charges and expenses of the Trustee

and of the trusts created by said Deed

of Trust. Said sale will be held on

THURSDAY, MARCH 5, 1981, at

11:00 A.M., at the office of T.D. SERVICE COMPANY, 1990 N. California

Blvd., Suite 716, Walnut Creek, California 94596.

At the time of the initial publication of

this notice, the total amount of the unpaid balance of the obligation secured by the above described deed of trust and estimated costs, expenses, and advances is \$9,205.63.

DATED: FEBRUARY 2, 1981

T.D. SERVICE COMPANY

as said Trustee,

By: T.D. SERVICE COMPANY,

agent

By: WENDY POWIS,

ASST. SEC.

1990 N. CALIFORNIA BLVD.,

SUITE 716

WALNUT CREEK, CA 94596

415/944-9015

J-1514—February 11, 18, 25, 1981

PUBLIC NOTICE

FICTITIOUS BUSINESS

NAME STATEMENT

FILE NO. 45323

The following persons are doing business

under the name of:

THE LIMERICK PARTNERSHIP

1260 Brighton Ave., #102

Albany, CA 94708

SUSANNE K. CONRAD

1260 Brighton #102

Albany, CA 94708

ROBERT ZOLER

1166 Ocean Ave.

Oakland, CA 94608

BARBARA & RICHARD YODER

2638 Dana

Berkeley, CA 94704

CRAIG B. JEMINGTON

2790 Lake Terrace

Lake Forest, CA

RUSSELL L. ABEL

HEATHER HUNTER-REAY

1184 Ocean Ave.

Oakland, CA 94608

This business is conducted by a general

partnership.

Signed:

SUZANNE CONRAD

2/25/81

This statement was filed with the

County Clerk of Alameda County on

January 28, 1981.

CERTIFICATION

I hereby certify that the foregoing is a

correct copy of the original on file in my

office.

RENE C. DAVIDSON

County Clerk

By: EVELYN GUICE

Deputy

Filed: 2/25/81

NOTICE OF INTENTION TO SELL

REAL PROPERTY AT

PRIVATE SALE

SUPERIOR COURT OF CALIFORNIA,

COUNTY OF ALAMEDA

No. 215710-6

Estate of

SUSIE T. KREIDER, also known as

SUSIE TSUYA KREIDER,

SUSIE KREIDER and S.T. KREIDER, Decedent

NOTICE IS HEREBY GIVEN THAT,

subject to confirmation by the above

entitled Superior Court on March 10,

1981, at 10:00 a.m., or thereafter within

the time allowed by law, the under-

signed, JENSINA RICHARDSON, as

Executor of the Estate of SUSIE T.

KREIDER, also known as SUSIE

TSUYA KREIDER, SUSIE KREIDER, will

sell at private sale to the highest and best

net bidder on the terms and conditions

hereinafter mentioned all right, title, and

interest of SUSIE T. KREIDER, Decedent,

in the real property located in the

City of Alameda, County of Alameda,

State of California, described as follows:

Lots number 54 and 55, in Block

number 3, as said lots and blocks

are delineated and so designated

upon that certain map entitled,

"Map No. 4 Regents Park, Oakland

Township, Alameda Co.," filed August

27th, 1906, in Book 21 of C.

Tolson, Folio 1, in the office of the

Recorder of the County of Alameda,

State of California.

The property is commonly referred to

as 970 Connel Avenue, Albany, California.

The sale is subject to current taxes,

covenants, conditions, restrictions, res-

ervations, rights, rights of way, and

easements of record. The property is

sold on an "as is" basis, except as to

title.

Bids or offers are invited for this

property and must be in writing and will

be received at the office of the Clerk of

the Superior Court, at Room 21 of the

County of Alameda, at the office of the

Recorder of the County of Alameda,

Alameda County, on or before the date

of the sale.

The property will be sold on the fol-

lowing terms: cash or part cash and part

credit, the terms of such credit to be

acceptable to the undersigned and to

the Superior Court, ten percent (10%) of

the amount bid to accompany the offer

by certified check, and the balance to be

paid at the close of escrow after confirma-

tion by the Superior Court. The time for

filing claims will not expire prior to four

months from the date of the hearing

noticed above.

YOU MAY EXAMINE the file kept by the

court. If you are a person interested in

the estate, you may file a request with

the court to receive special notice of the

filing of the inventory of estate assets

and of the petitions, accounts and re-

ports described in Section 1200 of the

California Probate Code. The time for

filing claims will not expire prior to four

months from the date of the hearing

noticed above.

Filed: Feb. 3, 1981

J. R. OLSSON,

County Clerk

By: C. INZERILLO

Deputy

Attorney for petitioner:

EUGENE SCHNEIDER,

5050 E. COLLETTA AVE.,

OAKLAND, CA 94611

(415) 547-2889

This notice was mailed on February

3, 1981 at Oakland, California.

J-1515—Feb. 11, 18, 25, 1981

PUBLIC NOTICE

NOTICE OF DEATH OF

AUGUST GEORGE GATTO

AND OF PETITION TO

ADMINISTER ESTATE

Case Number 56486

SUPERIOR COURT OF CALIFORNIA,

COUNTY OF CONTRA COSTA

725 Court Street

P.O. Box 911

Martinez, CA 94553

ESTATE OF

AUGUST GEORGE GATTO

aka AUGUST G. GATTO

aka AUGUST GATTO,

aka A. G. GATTO,

DECEDENT

To all heirs, beneficiaries, creditors,

contingent creditors, and persons who

may be otherwise interested in the will

or estate of AUGUST GEORGE GATTO,

aka AUGUST G. GATTO, aka AUGUST

GATTO, aka A. G. GATTO:

A petition has been filed by JUNE C.

NASH in the Superior Court of Contra

Costa County requesting that JUNE C.

NASH and ELMER S. EVANS be appointed

as personal representative of the decedent.

The petition requests authority to

administer the estate under the Independent

Administration of Estates Act.

A hearing on the petition will be held

on 3-5-81 at 9:00 a.m. in Dept. 4, Room

203 located at 100-37th Street, Rich-

mond, CA 94805.

The pleasure is back.



Available in Kings,
100's and Box.

99% tar free

Kings and Box, 1 mg. "tar", 0.2 mg. nicotine; 100's, 3 mg. "tar", 0.4 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.